

Benign Paroxysmal Positional Vertigo (BPPV)

BPPV is the most common cause of vertigo. It occurs when crystals (otoliths or otoconia) break free in a certain part of the inner ear and float into or attach to the another part of the inner ear (the semicircular canal).

What are the symptoms of BPPV?

Symptoms include rapid attacks of vertigo due to rapid head motion, usually to the affected side. These often occur when rolling in or out of bed or looking up. There is typically no pain and no loss of hearing.

What can cause BPPV?

Common causes for BPPV include:

- ◆ Common medical conditions (cardiovascular disease, diabetes, migraine)
- ◆ Mild head trauma
- ◆ Inner ear disorders (vestibular neuritis, labyrinthitis)

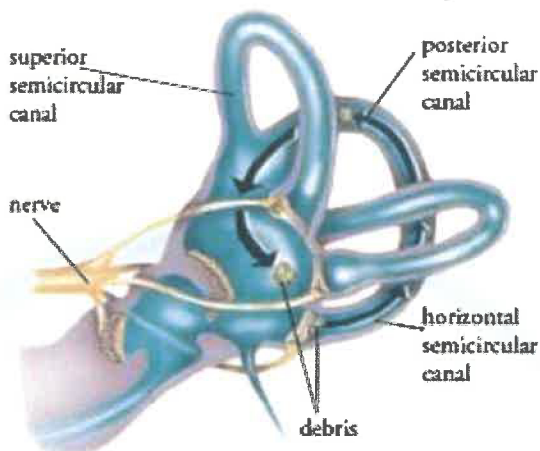
How is BPPV treated?

The most common treatment for BPPV is head repositioning maneuvers to return the otolith debris back to its original location in the inner ear. There are several different maneuvers and your doctor will choose the one that is most suitable.

The Epley Maneuver is one the most commonly used treatments for the condition. One treatment is effective in about 80% of BPPV cases, but

sometimes repeat maneuvers are necessary.

These can sometimes be done at home (see below) or your doctor may refer you to a balance center where the maneuver can be performed by a licensed hearing and balance specialist.



Debris in the semicircular canals of the inner ear.

