

## Regain Your Balance

A balance disorder is a disturbance that causes an individual to feel unsteady, giddy, woozy, or have a sensation of movement, spinning, or floating. An organ in our inner ear, the labyrinth, is an important part of our vestibular (balance) system. The labyrinth interacts with other systems in the body, such as the visual (eyes) and skeletal (bones and joints) systems, to maintain the body's position. These systems, along with the brain and the nervous system, can be the source of balance problems.

[www.RundorffMD.com](http://www.RundorffMD.com)



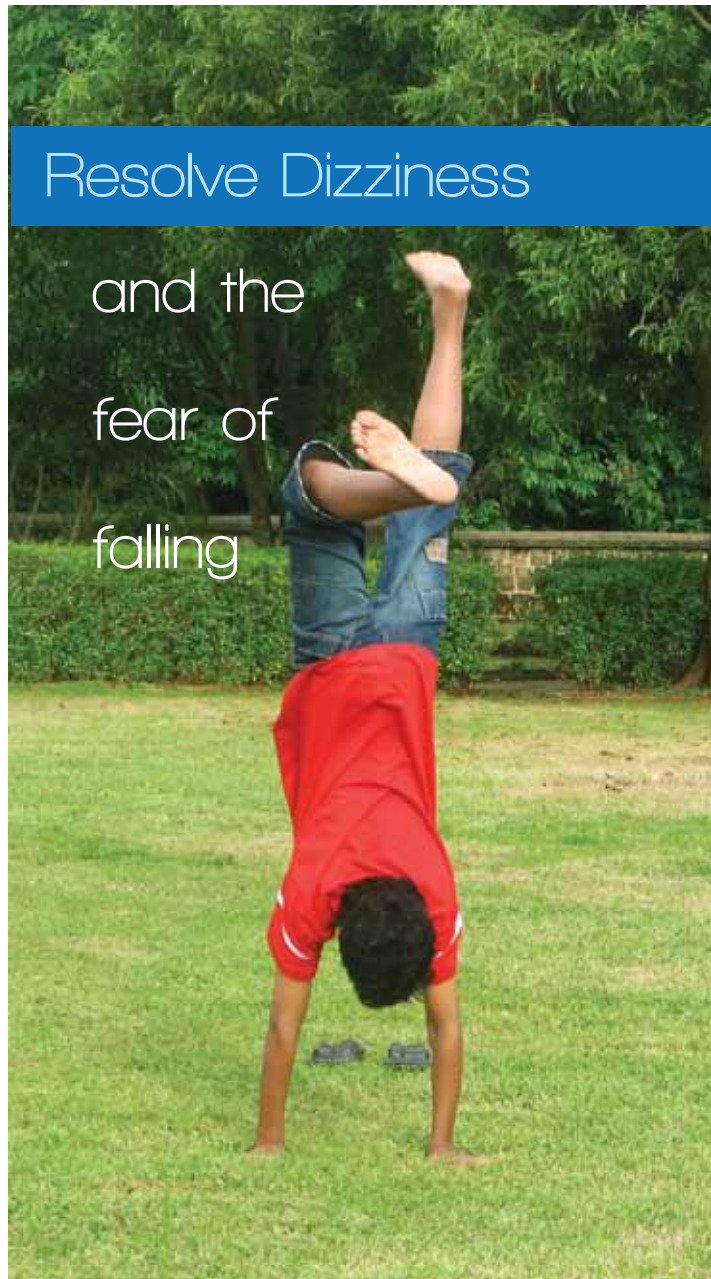
16 Rose St.  
Johnstown, PA 15905  
P: 814-539-0257  
F: 814-536-0963

ROBERT  
RUNDORFF MD

ROBERT  
RUNDORFF MD

## Resolve Dizziness

and the  
fear of  
falling



Although most of us experience occasional episodes of dizziness, approximately four in 10 Americans have more prolonged dizziness that could be signs of a balance disorder. Although they are more common in older people, balance disorders affect people of all ages.



Balance depends on messages sent to the brain by our eyes, muscles, joints and vestibular system (inner ear). If any

of these systems are disrupted, people may experience balance disorder, signaled by vertigo, dizziness or clumsiness. Some balance disorders last several months and eventually resolve on their own. Without treatment, however, many patients have difficulty functioning and may be at greater risk for serious falls and injuries.

## What are the Symptoms of a Balance Disorder?

When balance is impaired, an individual has difficulty maintaining orientation. For example, an individual may experience the "room spinning" and may not be able to walk without staggering, or may not even be able to arise. Some of the symptoms a person with a balance disorder may experience are:

- Sensation of dizziness or vertigo (spinning)
- Falling or a feeling of falling
- Lightheadedness or feeling woozy
- Visual blurring
- Disorientation

Some individuals may also experience nausea and vomiting, diarrhea, faintness, changes in heart rate and blood pressure, fear, anxiety, or panic. Some reactions to the symptoms are fatigue, depression, and decreased concentration. The symptoms may appear and disappear over short time periods or may last for a longer period of time.

## How are Balance Disorders Diagnosed?

Video Electronystagmography (VNG) is a non-invasive, non-pharmaceutical technology that provides an objective diagnosis of the cause of dizziness, unsteadiness, vertigo and other balance disorders using normative data. Because it provides an objective measurement of the patient's progress, it can also be used to determine the effectiveness of treatments for balance disorders. VNG analyzes the cause of a patient's balance disorders by testing oculomotor response to visual, positional and caloric stimulus. The patient's oculomotor response is measured against objective criteria, and the practitioner receives an objectively measured balance assessment that differentiates between peripheral and central vestibular pathology.

## Treatment Options

In a large percentage of cases, balance problems are caused by the vestibular system or inner ear. Vestibular rehabilitation is an exercise program designed by specially trained therapists to help compensate for a loss or imbalance within the



vestibular system. Additional causes of balance problems include medications, poor vision, gait and balance disorders and other medical conditions, from a drop in blood pressure to brain tumors. Health care team members discuss the most appropriate treatment approach with the patient.

Call Today to Schedule an Appointment!  
814-539-0257 or [www.RundorffMD.com](http://www.RundorffMD.com)