

# DIZZINESS



Dizziness can be described as:

- Vertigo
- Feeling faint
- Unsteadiness or a loss of balance
- A feeling of floating, wooziness or heavy-headedness

**15-<sup>OVER</sup>20%**

Dizziness including vertigo affects about 15% to over 20% of adults yearly.

## When to see a doctor?

When you experience any recurrent, sudden, severe or prolonged and unexplained dizziness or vertigo.



## Emergency medical care in cases when

you experience new, severe dizziness or vertigo along with:

- Sudden, severe headache,
- Chest pain,
- Difficulty breathing,
- Numbness or paralysis of arms or legs,
- Fainting,
- Double vision,
- Rapid or irregular heartbeat,
- Vomiting or slurred speech,
- Stumbling or difficulty walking,
- Ongoing vomiting,
- Seizures,
- A sudden change in hearing,
- Facial numbness or weakness.

## CAUSES OF DIZZINESS:

Inner ear disturbance

Motion sickness

Medication effects

Poor circulation

Infection

Injury

You may feel dizzy, faint or off balance if your heart isn't pumping enough blood to your brain. Causes include:

**Orthostatic hypotension** - A dramatic drop in BP that may result in brief lightheadedness or feeling of faintness. It can happen also after rapid movements such as standing too quickly.

Conditions such as **arrhythmias, heart attack, cardiomyopathies** can cause a poor blood circulation or a decrease causing inadequate blood flow to your brain or inner ear.



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