

## Do I Have a Vestibular Disorder?

Take this self-assessment tool on vestibular disorders.

If you answer yes to any of these questions, please consult your physician to discuss whether you should be referred to **The Balance Center @ Chappaqua Crossings for a Basic Balance Function test.**

1. Do you experience dizziness, vertigo or imbalance?  
Do you feel dizzy upon getting out of bed?  
Are your symptoms spontaneous or provoked by a change in position?
2. Have you incurred a trauma to the head?  
*This can include a blow to the head, whiplash or a fall.*
3. Have you had/have chronic ear infections?  
Did you have a sudden hearing loss? Do you experience tinnitus?  
*A change in hearing sensitivity or asymmetric hearing loss should be evaluated.*
4. Have you been diagnosed with Meniere's disease, Acoustic Neuroma or Mastoiditis?
5. Were you prescribed high doses or long term use of certain medications including antibiotics?  
*Certain medications can cause permanent damage to the inner ear (hearing mechanism or balance mechanism).*
7. Do your symptoms increase when you walk down aisles or in large open spaces?  
*These can include work spaces, supermarkets or home.*
8. Has your dizziness, vertigo or imbalance interfered with your job or household responsibilities?
9. Do you suffer from Migraine headaches?  
Do your symptoms increase with visual stimulation?
10. Do you suffer from motion sickness?
11. Did your symptoms begin following a flu or virus?

Dizziness, vertigo and imbalance can be associated with vestibular disorders. Identification of the problem is the first step in helping to alleviate your symptoms.