

BENIGN PAROXYSMAL POSITIONAL VERTIGO (BPPV) PATIENT FACT SHEET

- Benign Paroxysmal Positional Vertigo (BPPV) is the number one cause of vertigo. It occurs with change in head or body position, lasting only seconds.
- This condition occurs because of changes in the balance portion of the inner ear. Calcium carbonate crystals, which the ear uses as a gravity sensor, move from the utricle into one or more of the balance canals.
- Although it may occur at any age, by age 70, fifty-percent of all individuals will experience BPPV.
- The most common ear conditions that cause BPPV are vestibular neuritis or labyrinthitis. There is no pain, such as with an earache, but you may have initially experienced sudden vertigo and nausea lasting hours.
- Common medical conditions such as cardiovascular disease, diabetes, migraine, and TIAs (small vessel ischemia in the brain) may also cause BPPV. Mild head trauma may also cause BPPV.
- The most popular treatment for BPPV, is a simple and painless repositioning maneuver. The treatment returns the otolith debris to its originating larger space within the inner ear (utricle). Now, the body can absorb the calcium carbonate crystals within a few days.
- The repositioning procedure is not a permanent cure, but a treatment. The condition may recur, and oftentimes does. It may recur anytime from a few months to years, or perhaps, never. Other medical conditions or prescription medications may promote the recurrence, if they affect the body's processing of calcium.
- Our results treating 7000 patients since 1994, have been very successful. We have found that 80% of patients will need one treatment, 17% will need two, and only 3% will need three or more.
- There are several different repositioning treatment protocols. We will select one that will be best for your specific condition, and any physical limitations. If you have a history of acute nausea, or motion sickness your physician may recommend medication during treatment for your comfort.