

DIZZINESS - VERTIGO



Dizziness is a common complaint and can be truly debilitating. When severe, the dizziness can literally control a patient's life. We have seen numerous patients that were afraid to go out of their house due to fear that they would have an attack in a public place and become disoriented. Fortunately, chiropractic adjustments will often provide tremendous relief for dizziness and vertigo sufferers.

There are actually four different symptoms that can be described by a patient as being "dizziness": Light-headedness – the patient feels like they have a "floaty" head; presyncope – the patient feels "faint"; disequilibrium – the patient feels off balance; and vertigo – a "spinning" sensation.

Karel Lewit, MD, one of the foremost authorities in the world on locomotor system dysfunction and its effects on equilibrium, states: "It is important to stress that a cervical factor may be present in all forms of vertigo and dizziness ... in no field is manipulation more effective than in the treatment of disturbances of equilibrium."

It has been shown in several studies that the cervical spine plays a very strong role in the body's regulation of the sense of equilibrium. The reason is that the joints in the spine send an enormous quantity of information to the brain regarding movement and position of the body in space. If these joints do not function properly, dizziness results from the false information received by the brain. The most common cause of malfunction of the spine is a joint problem called subluxation, which is easily corrected by a skilled chiropractor.

In a study published in the *Journal of Manipulative and Physiological Therapeutics*, Dr. Fitz-Ritson showed that patients with posttraumatic vertigo of cervical origin treated by a chiropractor experienced a 90.2 percent success rate. We know of no other intervention that even comes close to that!

Another cause of dizziness can be malfunction of the balance apparatus located in the inner ear. Crystal formation in that apparatus can cause malfunction of the tiny hair-like structures that are designed to sense motion. Fortunately, there is a simple manoeuvre that can, in lots of cases, successfully shift these crystals into an area where they will no longer affect the brain signals. A chiropractor trained in this manoeuvre can also help tremendously, as it has been the case with countless patients in our office.

Finally, Meniere's disease is yet another cause of dizziness. Even when this is the case, Dr. Lewit showed, in a study published in the *Journal of Orthopedic Medicine*, that patients with Meniere's syndrome can be effectively treated with chiropractic adjustments, demonstrating that 79 percent of 21 cases showed an "excellent" outcome.

So if you have dizziness, do not suffer unnecessarily, call us today!

Dr. Liana Harper and Dr. Pierre Gaulin are in private practice in Coaldale, and are the proud parents of two healthy children. They can be reached at

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Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.