



# Vertigo Test and Treatment in Kolkata

## Vertigo Testing

Vertigo evaluations assess inner ear and brain function. Common tests include:

1. Videonystagmography (VNG): Tracks eye movements to assess balance function.
2. Dix-Hallpike Maneuver: Identifies Benign Paroxysmal Positional Vertigo (BPPV).
3. Audiometry: Tests for hearing loss linked to inner ear disorders.
4. Posturography: Measures body sway and balance control.
5. Neurological Assessments: Includes reflex testing and blood pressure checks.

## ENT Tests for Vertigo

An ENT specialist may perform:

1. VNG
2. Dix-Hallpike Maneuver
3. Dynamic Visual Acuity (DVA)
4. Posturography

These tests help detect issues in the vestibular (balance) system and develop an appropriate treatment plan.

## Vertigo Treatment

Treatment depends on the underlying cause:

1. Canalith Repositioning (Epley Maneuver): Effective for BPPV.
2. Medications: Such as antihistamines (meclizine), anti-vertigo drugs, or corticosteroids.
3. Vestibular Rehabilitation Therapy (VRT): Physical therapy to improve balance and reduce symptoms.
4. Surgery: For persistent or severe inner ear problems or tumors.
5. Lifestyle Changes: Stress reduction, hydration, and dietary adjustments.

## Frequently Asked Questions

**Q: Can vertigo be cured permanently?**

It depends on the cause. BPPV, for instance, can often be resolved with maneuvers. Chronic conditions may require ongoing management.

**Q: Can you live normally with vertigo?**

Yes. With proper treatment and therapy, most people can manage their symptoms and lead a normal life.

**Q: What causes vertigo?**

Peripheral Causes: BPPV, Meniere's disease, vestibular neuritis.

Central Causes: Stroke, brain tumors, migraines, multiple sclerosis.

Q: What vitamin deficiency is linked to vertigo?

Vitamin D: Deficiency is associated with recurrent BPPV.

Vitamin B12: Low levels may affect brain function and balance.

Iron and Omega-3: Deficiencies can contribute to dizziness or unsteadiness.