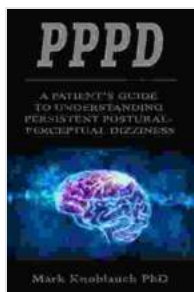


Patient Guide to Understanding Persistent Postural Perceptual Dizziness

What is Persistent Postural Perceptual Dizziness (PPPD)?

Persistent postural perceptual dizziness (PPPD) is a chronic condition that causes dizziness and lightheadedness. It is characterized by a feeling of unsteadiness or swaying, which is often worse when you are standing or moving. PPPD can also cause other symptoms, such as:



PPPD: A patient's guide to understanding persistent postural-perceptual dizziness by Rod J. Rohrich

★★★★☆ 4.3 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Lending	: Enabled
Hardcover	: 495 pages
Item Weight	: 1.9 pounds
Dimensions	: 6.14 x 1.06 x 9.21 inches



* Nausea * Vomiting * Fatigue * Headaches * Vision problems *
Concentration difficulties

PPPD is a relatively common condition, affecting up to 2% of the population. It is more common in women than in men, and it typically begins in middle age.

What Causes PPPD?

The exact cause of PPPD is unknown, but it is thought to be related to a problem with the way your brain processes information from your vestibular system. The vestibular system is responsible for your sense of balance. When it is working properly, it helps you to maintain your balance and to move smoothly.

In people with PPPD, the vestibular system may not be sending the correct information to the brain. This can cause the brain to become confused and to think that you are moving when you are not. This can lead to dizziness and lightheadedness.

There are a number of factors that can increase your risk of developing PPPD, including:

* Having a history of migraines or other vestibular disorders * Having a family history of PPPD * Being female * Being over the age of 50 * Having a history of head injury or concussion * Taking certain medications, such as antidepressants or anti-anxiety medications

How is PPPD Diagnosed?

There is no specific test for PPPD. Your doctor will diagnose you based on your symptoms and a physical examination. Your doctor may also order some tests to rule out other conditions that can cause dizziness, such as:

* Blood tests * Imaging tests, such as an MRI or CT scan *

Electrophysiological tests, such as an electronystagmography (ENG) or video head impulse test (vHIT)

How is PPPD Treated?

There is no cure for PPPD, but there are a number of treatments that can help to relieve symptoms. These treatments include:

* Vestibular rehabilitation therapy (VRT): VRT is a type of physical therapy that helps to improve the function of the vestibular system. It can help to reduce dizziness and lightheadedness and improve your balance. *

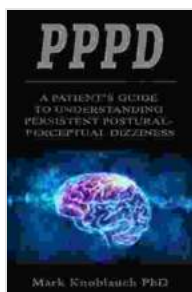
Cognitive behavioral therapy (CBT): CBT is a type of talk therapy that helps you to change the way you think about and react to your symptoms. It can help to reduce anxiety and depression, which can worsen PPPD symptoms. *

* Medications: There are a number of medications that can be used to treat PPPD. These medications can help to reduce dizziness and lightheadedness, improve your balance, and reduce anxiety.

What is the Prognosis for PPPD?

The prognosis for PPPD is variable. Some people experience significant improvement with treatment, while others may continue to have symptoms. However, most people with PPPD are able to manage their symptoms and live full and active lives.

If you think you may have PPPD, it is important to see your doctor for an evaluation. Early diagnosis and treatment can help to improve your symptoms and prevent them from getting worse.



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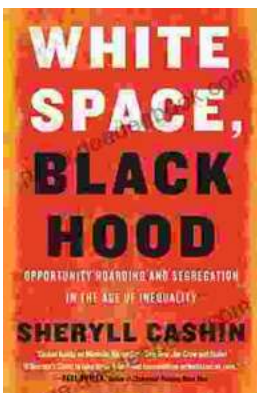
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