

See a Doctor when Dizziness is Intense

Vertigo, or benign paroxysmal positional vertigo (BPPV) in medical term, occurs when some tiny debris of calcium carbonate appeared in the semicircular canal of the ear. Those debris are known as “ear rocks” or otoconia in formal name. It is often caused by head injuries, degeneration because of aging, ear infection, side effects of medication, chronic tympanitis, other surgery etc.

BPPV is a common cause of intense dizziness, associated with a change of one’s head position in a specific direction. It usually occurs in the posterior canal with respect to the gravity. Sufferers with BPPV-related dizziness are also accompanied by nausea, balance disorder, vomiting, and cold sweating.

Patients with BPPV can undergo examination through a series of head position changes. Once the diagnosis is confirmed, a series of movement, which is known as the canalith repositioning maneuver, will be carried out on the patient. This procedure consists of several maneuvers for positioning the patient's head, in order to move the ear rocks back to their original places. After these maneuvers, patients have to raise the height of pillows for sleeping for at least one week.

As this treatment is non-invasive and the success rate is as high as 90%, it is the effective method for patients, although around 15% of BPPV patients, mostly elderly, are required to have repeated treatment. While BPPV is only one of the causes of dizziness, it is important to seek for professional advice when intense dizziness occurs.