Benign paroxysmal positional vertigo (BPPV)

Also called

• BPPV

Summary

Benign paroxysmal positional vertigo (BPPV) is caused by floating crystals in the inner ear that signal the brain that the head is spinning, although the head has only moved slightly. BPPV is the most common cause of vertigo.

Benign paroxysmal positional vertigo (BPPV) usually occurs near morning or after lying down. Some people may also feel nauseous between episodes of vertigo.

Vertigo is described as feeling like you are turning around when you are standing still. The experience can be so full that you actually feel as though you are moving or the room is moving around you.

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Common triggers include rolling over in bed, getting out of bed, and lifting the head to look up.

BPPV is generally an easily treated disorder.

Benign paroxysmal positional vertigo (BPPV) usually causes intense, brief episodes of dizziness or vertigo associated with sudden head movements. Some people may also feel nauseous between episodes of vertigo.

Benign paroxysmal positional vertigo (BPPV) occurs when tiny particles break loose and fall into the wrong part of the vestibular system in the inner ear, stimulating a false signal that the head is spinning, although the head has only moved slightly.

BPPV occurs more often in people over the age of 60, although it can affect people of any age. It is usually self-limiting, with symptoms improving over time.
BPPV (benign paroxysmal positional vertigo) is an inner ear disorder that can cause sudden onsets of dizziness. Symptoms usually occur when the head is moved in a certain way, often when rolling over in bed or turning your head. The condition is usually harmless, but it can be distressing. The cause of BPPV is thought to be related to the movement of small particles (otoconia) in the inner ear, which can dislodge and cause symptoms when the head is moved in a certain way. There are several treatments available for BPPV, including canalith repositioning manoeuvres, which involve specific head movements to reposition the particles. These treatments are usually effective, and most people experience resolution of symptoms within a few treatments. However, in some cases, surgery may be necessary if symptoms persist despite treatment. It's important to consult a healthcare professional for a accurate diagnosis and appropriate treatment. 

BPPV is caused by small particles (otoconia) in the inner ear. When these particles dislodge and move, they can cause symptoms when the head is moved. Canalith repositioning manoeuvres involve specific head movements to reposition the particles and alleviate symptoms. If symptoms persist despite treatment, surgery may be necessary in severe cases. It's essential to consult a healthcare professional for a accurate diagnosis and appropriate treatment.
Swimmer's ear can be triggered by exposure to water or mechanical damage due to overzealous cleaning.

Tinnitus cannot be cured, but it can be managed with some lifestyle changes.

Deafness is caused by many different events including injury, disease and genetic defects.

Hearing loss often cannot be restored once hearing is damaged.

Hearing loss is caused by auditory neuropathy, which is hearing loss caused by a disruption of nerve impulses travelling from the inner ear to the brain.

If you are unsure how to best communicate with a colleague who has a hearing impairment, ask them how they prefer to communicate.

Many people with hearing loss experience a drop in self-esteem and confidence because of their impaired ability to communicate.

Lipreading can help people who are hearing impaired to cope better with their hearing loss.

Reduced sound tolerance can confine a person to their home, affect their career and social life, and make everyday activities impossible.

The earlier that hearing loss is identified in children, the better for the child's language, learning and overall development.

A ringing sensation in the ears (tinnitus), or people complaining that you talk too loudly are signs you may need to have your hearing checked.

Like any language, Auslan continues to evolve to meet the communication needs of people who are deaf.

In most cases, blockage of the ear canal with wax is a harmless event.

Meniere's disease affects the ear, which is the centre of hearing and balance.

Otosclerosis eventually affects both ears, but the condition doesn't cause total deafness.

Tonsillitis because most attacks of tonsillitis are caused by viruses, most of the treatment is aimed at helping to relieve the symptoms.

Streptococcal infection group A can cause sore throats pharyngitis, scarlet fever or impetigo school sores.

Throat cancer risk factors include smoking and heavy alcohol consumption.

Rheumatic fever untreated rheumatic fever can lead to serious complications such as rheumatic heart disease.

Sleep apnoea a person with sleep apnoea may wake hundreds of times every night.

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Croup is a viral infection of the throat and windpipe that causes noisy breathing, a hoarse voice and a harsh, barking cough.

Larynx prolonged exposure to air pollutants such as dust, can irritate the larynx and cause chronic laryngitis.

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