NEUROLOGY GROUP of BERGEN COUNTY

Vertigo

Vertigo is a type of dizziness in which one has the feeling that the environment is moving or spinning. It can be caused by problems in the brain or the inner ear. Causes of vertigo include sudden head movements, inner ear infection or inflammation, Ménière's disease, tumors, strokes, head or neck injuries, multiple sclerosis and migraines. Many people with vertigo also have associated nausea, vomiting, abnormal eye movements, or unsteadiness.

The cause of an individual's vertigo is determined by a medical history and a physical and neurological examination. Depending on the suspected cause, additional testing may be performed, including a CT scan, MRI scan, blood tests, videonystagmography (VNG), brainstem auditory evoked response (BAER) test, or vascular testing (carotid ultrasound and/or transcranial Doppler studies). Treatments for vertigo can include medications, physical therapy maneuvers, vestibular therapy or self-care home remedies.

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