

K06 Vertigo

January 2010

Intro: Vertigo. It's the sensation of spinning, falling, tumbling and turning. Victims can feel nauseated, off balance, like they're losing control. Bouts of vertigo can be very scary, but doctors at Mayo Clinic say, for people with a particular type of vertigo, treatment is easy and very effective.

Video

Total running time 1:32

**Mark Wojahn
Had vertigo**

Audio

“WE’LL GO DOWN HERE LIKE
THAT....”

THERE’S NOTHING HIGH TECH
ABOUT TREATING WHAT’S CALLED
BENIGN PAROXYSMAL
POSITIONAL VERTIGO. BUT THIS
SERIES OF HEAD POSITIONS MADE
ALL THE DIFFERENCE FOR
VERTIGO SUFFERER MARK
WOJAHN.

“I NOTICED IT FIRST HERE AT THE
GYM. DOING LIFTING HEAVY
WEIGHTS. WHENEVER I WOULD
TILT MY HEAD THE SLIGHTEST IT
WOULD FEEL LIKE THE WORLD
WAS SPINNING AROUND ME. LIGHT
HEADED, NAUSEOUS, DIZZY.”

Scott Eggers, M.D.
Mayo Clinic

“IT’S A MECHANICAL DISORDER THAT DEVELOPS BECAUSE SOME OF THE NORMAL LITTLE CALCIUM PARTICLES THAT OUR INNER EAR CREATES IN ORDER TO HELP US SENSE GRAVITY AND MOVEMENT FLOAT INTO THE WRONG PART OF THE SYSTEM.”

Standup
Vivien Williams
Reporting

DR. SCOTT EGGERS SAYS, IN ADDITION TO FEELING LIKE THE WORLD IS SPINNING, PEOPLE WITH VERTIGO ALSO EXPERIENCE RAPID EYE JERKING WHICH HAPPENS WHEN YOUR INNER EAR BALANCE SYSTEM IS STIMULATED IN THE WRONG WAY.

Scott Eggers, M.D.
Mayo Clinic

“I’M WATCHING THE PATIENT’S EYES AND LOOKING FOR ANY SIGNS OF NYSTYGMUS.”

VO: Scott Eggers, M.D. treating Mark

THIS SERIES OF HEAD POSITIONS CAN STOP SYMPTOMS BECAUSE IT HELPS THE DISLODGED CRYSTALS FLOAT BACK TO WHERE THEY

BELONG. HERE'S WHAT'S
HAPPENING INSIDE THE EAR. YOU
CAN SEE HOW THE CRYSTALS
HAVE MIGRATED TO ONE OF
THREE SEMI CIRCLES IN THE
INNER EAR. BY MOVING THE HEAD
IN A SPECIFIC PATTERN, THOSE
CRYSTALS FLOAT BACK TO THEIR
ORIGINAL AND CORRECT
LOCATION.

Mark Wojahn
Had vertigo

“AFTER DR. EGGERS PUT ME
THROUGH THAT MANEUVER, I
MEAN, 20 MINUTES AFTER, I WAS
FEELING 100-PERCENT.”
BACK TO LIFTING WEIGHTS
WITHOUT WORRYING ABOUT
DEBILITATING DIZZINESS. FOR
MEDICAL EDGE, I'M VIVIEN
WILLIAMS.

Anchor tag:

Dr. Eggers says people like Mark who get this type of vertigo may have another bout sometime in the future. If so, the same series of head positions can help relieve symptoms again.

Now, there are other condition that can cause vertigo, so it's very important to see your health care provider if you develop symptoms.

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