

Mayo Clinic Medical Edge
Benign Positional Vertigo

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	VERTIGO. IT'S THE TITLE OF A CLASSIC HITCHCOCK THRILLER. IT'S ALSO A MEDICAL CONDITION THAT RESULTS IN SOME UNWANTED THRILLS.
Larry Lundy, M.D. Track 1 (8:40)	"YOU FEEL LIKE THINGS ARE SPINNING FAIRLY VIOLENTLY."
	ACCORDING TO MAYO CLINIC DR. LARRY LUNDY, ONE OF THE MOST COMMON CAUSES IS SOMETHING CALLED BENIGN POSITIONAL VERTIGO. INSIDE OF EVERYONE'S EARS ARE TINY CRYSTALS THAT ARE NORMALLY ATTACHED TO A MEMBRANE. SOMETIMES THOSE

	CRYSTALS CAN BECOME LOOSE.
Dr. Lundy Track 1 (10:35)	“THEY’RE ROLLING AROUND INSIDE THE INNER EAR. WHEN THOSE CRYSTALS HIT A CERTAIN SPOT INSIDE THE INNER EAR, IT WILL CAUSE A SENSATION OF VERTIGO.”
	SOMETIMES, A BLOW TO THE HEAD CAN JAR THE CRYSTALS LOOSE. BUT IN MOST CASES IT’S NOT CLEAR WHY IT HAPPENS. THE GOOD NEWS IS THAT TREATMENT — USUALLY A SERIES OF HEAD MOVEMENTS TO REPOSITION THE CRYSTALS — IS VERY EFFECTIVE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.