
Mayo Clinic Medical Edge

Motion Sickness

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IT WAS THE MOTION OF THE OCEAN THAT HAD JOYE GOBLIRSCH FEELING ILL.
Joye Goblirsch , patient	"I GOT SO SICK I WAS LITERALLY FACE DOWN ON THE DECK."
	JOYE IS IN GOOD COMPANY. ALMOST EVERYONE EXPERIENCES MOTION SICKNESS AT ONE TIME OR ANOTHER.
	MOTION SICKNESS HAPPENS WHEN THE BALANCE CENTER IN YOUR INNER EAR SENSES SOMETHING DIFFERENT THAN

	WHAT YOU SEE. FOR EXAMPLE, IF YOU'RE IN A MOVING CAR, AND YOU'RE TRYING TO FOCUS ON READING, YOUR BRAIN DOESN'T KNOW HOW TO GET THE TWO THINGS IN BALANCE. MAYO CLINIC DR. ABINASH VIRK SAYS THE REMEDY IS ALL ABOUT STABILITY.
Abinash Virk, M.D.	"WHAT THAT MEANS IS TRY TO BE IN THE PART OF THE VEHICLE THAT'S MORE STABLE."
	IN A CAR, GET BEHIND THE WHEEL OR IN THE FRONT SEAT. IN A PLANE, TRY TO SIT NEAR THE WINGS. IN A BOAT, STAY NEAR THE CENTER. NOW IF YOU KNOW YOU'RE SUSCEPTIBLE TO MOTION SICKNESS, OVER-THE-COUNTER AND PRESCRIPTION MEDICATIONS CAN BE VERY EFFECTIVE AT WARDING IT OFF.
	FOR MORE INFORMATION, TALK WITH YOUR DOCTOR OR VISIT

	MAYO CLINIC.ORG. I'V VIVIEN WILLIAMS.
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