



LOOK UP

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Quarterly Newsletter of the Vestibular Disorders Society of Australia Inc. (VEDSA)

Patron's Page from Professor Dr Margie Sharpe

I will be absent from Adelaide, and indeed Australia, for most of June attending an international conference on vestibular disorders in Sweden. I'll be keeping abreast of the most up to date material and hopefully further hone my skills in order to better meet the needs of my clients.

I'll include a report on my trip in a future issue of *LookUp*, but for this issue, here's a few definitions extracted from my Centre's website (www.dizzinessbalancedisorders.com.au) that may help you untangle some of the terms and descriptions that unfortunately abound in the vestibular field.

Benign paroxysmal positioning vertigo is a complex disorder defined as an abnormal sensation of movement that is elicited by specific head positions. These positions trigger eye movement, the character and direction of which are specific to the part of the inner ear affected.

Viral neurolabyrinthitis is due to a viral infection of the inner ear that may cause hearing loss, tinnitus, blurred vision, vertigo or dizziness and imbalance.

Meniere's disease is idiopathic and due to endolymphatic hydrops. It is characterised by fullness in the ear, episodic vertigo, and fluctuating hearing loss and tinnitus.

Meniere's syndrome is due to endolymphatic hydrops, which is secondary to various medical conditions that interfere with the reabsorption of the endolymph. For example, head trauma, whiplash injury, viral infections, autoimmune disorders, and otosclerosis and thyroid disease.

Acoustic neuromas (Vestibular schwannoma) are nerve sheath tumours in the internal auditory canal or cerebello-pontine angle.

Ototoxicity is ear poisoning due to certain drugs or chemicals which are toxic to the inner ear where the hearing (cochlear) and balance (vestibular) organs are located. Ototoxicity can cause hearing and balance disturbances.

Psychogenic vertigo/dizziness is due to certain psychological disorders such as anxiety (panic attacks with and without agoraphobia), phobic postural vertigo and the Mal de debarquement syndrome.

Cervical vertigo/dizziness is controversial and unlike other vertigo syndromes. It may be associated with head or whiplash injury.

Mal de debarquement syndrome is a sensation of persistent rocking (like being on a boat) after returning to a stable environment following motion adaptation



Post traumatic vertigo

may be due to damage to the vestibular (balance) nerve or labyrinth (inner ear) by a haemorrhage or a fracture of the temporal bone (skull), concussion of the labyrinth, or otolith dysfunction where the otoconia (crystals) have been dislodged, with or without concurrent benign paroxysmal positioning vertigo

Otosclerosis is the abnormal growth of bone in the inner ear causing hearing loss. Some people with otosclerosis may experience dizziness, balance problems and tinnitus.

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