

Dizziness



Everyone may occasionally experience a feeling of dizziness in the form of light-headedness, unsteadiness, or the woozy sensation of being about to faint. This is not necessarily a sign of any serious problem and might relate to a minor change in blood flow to the brain. In other cases, dizziness can also be a warning sign of anemia, a heart attack, or a stroke. Dizziness is occasionally just one symptom of a severe attack of vertigo, in which case it is characterized by a spinning sensation and is accompanied by other symptoms such as nausea, vomiting or profuse sweating.

Causes of Dizziness

- **Ageing:** Dizziness and vertigo with loss of balance are very common in older people. The cause is unknown in most cases. Severe or persistent dizziness should be investigated, as it may be due to one of the causes mentioned before.
- **Stress:** Severe and prolonged stress may, rarely, cause dizziness. The cause of stress should be eliminated if possible.
- **Fever:** A high temperature may make you feel dizzy.
- **Anemia:** This condition may cause dizziness due to the reduced efficiency of the blood in carrying oxygen to the brain.
- **Hypoglycemia:** A warning signal of low blood sugar is dizziness, usually accompanied by sweating, feeling faint, and drowsiness. This does not usually occur in healthy people, but mainly in diabetics who are taking too high a dose of their medication for the amount they have just eaten. Consuming something sugary will relieve the problem.
- **Cerebral artery insufficiency:** Narrowing of the blood vessels that supply nerve structures in the brain stem may cause dizziness. This may be the result of arthritis in the neck that has caused overgrowth of bone leading to pressure of on one or both of the vertebral arteries. Movements of the neck are usually painful and restricted. The most common cause of disease of the vertebral and carotid arteries (arteriosclerosis).
- **Inner ear disturbances:** Part of the inner ear is called the labyrinth and consists of several continuous chambers and canals containing fluid. Changes in the movement of

these fluids as the body or the head moves produces impulses that go to the brain. The brain then uses this sensory information to make the necessary adjustments to muscle tone and position, which assist in the maintenance of balance. Any disorder or infection of the labyrinth will cause problems with balance as well as attacks of vertigo, the kind of dizziness that makes a person feel as if their surroundings are spinning.

- **Changing position:** Some people experience a drop in blood pressure when they change position from lying or sitting down or standing up. This is called orthostatic hypotension and commonly causes temporary dizziness. If there are no other symptoms of disease, this is a benign condition and no cause of concern. If you are taking blood pressure medication, dizziness may be a side effect of the drug.
- **Medications:** Certain drugs can also lead to dizziness as a side effect. Some people are more sensitive than others to medication – they may even become dizzy from taking aspirin.
- **Brain Disorders:** Head injury is a common type of trauma, which may vary in severity from mild concussion to serious brain damage. A blow to the head that causes dizziness accompanied by a headache is an indication of concussion with minor temporary brain injury, even if there is no loss of consciousness. Migraine headaches may be accompanied by dizziness. A severe, persistent or recurrent headache accompanied by dizziness as well as disturbance of the senses of balance, sight and smell could signify a possible brain tumor.
- **Cardiovascular disease:** Dizziness can be a sign of irregular or usually slow heartbeat, heart attack, stroke, angina pectoris, high blood pressure or heart muscle disease (cardiomyopathy). However, there are normally other typical symptoms of these conditions.
- **Inhalant abuse:** This process involves sniffing household and other products for mind-altering effects. Inhalants include everything from hair spray to cleaning fluid, petrol, spray paint and glue. Drugs such as amyl nitrate and butyl nitrate are also abused in inhaling them. Dizziness and confusion are often among the symptoms caused by inhaling products like these. Abusing inhalants can be fatal or have severe long-term effects.

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Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the ailment you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.