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"treating the cause of your problem, not just the symptoms"

Feeling Dizzy?

Did you know that “feeling dizzy” is one of the more common complaints that bring a patient into a doctor’s office? A large percentage of people over the age of fifty will experience bouts of dizziness for no obvious reason. In fact, I have even had people as young as teenagers in my office experiencing severe bouts of dizziness.

Your sense of balance is maintained by a complex interaction of the following parts of the nervous system:

- 1) Your inner ear tells your brain what direction you are moving (forward-backward, side-to-side, and up-and-down)
- 2) Your eyes tell your brain what direction you are moving and what position your body is in (upside-down or right-side-up, etc)
- 3) Nerve endings or receptors in the joints and muscles tells your brain what part of you is touching the ground and what body parts are moving.

If one of these is sending incorrect information to your brain, you will feel like you are moving when you really are not, causing dizziness, nausea, and even vomiting.

In my office, the people who I see that are experiencing dizziness have had their neck injured (as in a whiplash injury from a car accident). When the neck has been injured, the tiny nerve endings or receptors in the individual joints can become “off line”. In regards to the position or movement of your body, they then send inaccurate information to the brain, causing dizziness. Once the neck receives chiropractic treatment and begins to heal, the dizziness subsides.

One of the other common causes of dizziness that I see in my office is due to problems in the inner ear. The inner ear is made up of a series of tiny tubes and sacs that are filled with fluid. Inside of these are microscopic “hairs” that sense the movement of the fluid as you move your head. These “hairs” then send this information to your brain and you become consciously aware that you are moving. Commonly, small “crystals” can get into these tubes or sacs and touch the hairs. This will give you an intense sensation that you are moving when you are really not, causing acute dizziness. In severe

cases, you may find yourself lying on the floor in the fetal position feeling severely nauseous and trying not to lye in your own vomit –no kidding! For this type of dizziness, there is a potentially simple cure. It is called the “canalith repositioning procedure” which involves moving your head in specific directions and in a specific order. The goal is to progressively move the crystals to a spot where they do not stimulate the “hairs”. Afterward, you will have to keep your head upright for 48 hours, even while sleeping. The success rate for this procedure is anywhere from 60 to 90%, and symptoms do not usually return. If they do, repeating the procedure may help.

If you are experiencing bouts of dizziness due to potential inner ear or neck problem, see your chiropractic doctor so that he or she may help you to end the “spin cycle” you are in.