

GET FIT & GET HEALTHY

Is your head spinning? BPPV may be causing your vertigo



Vertigo is one of the most common reasons for visits to family doctors and emergency rooms. There are many causes of dizziness, but vertigo is defined as a "spinning sensation". People will describe objects around them to be spinning, or feel that they themselves are spinning.

One of the most likely causes of vertigo is BPPV. Benign Paroxysmal Positional Vertigo is caused by calcium carbonate crystals that are normally housed on top of hair cells in a sac in the inner ear. These become loose and fall into one of the semi circular canals. They then stimulate receptors inappropriately causing our brains to sense spinning. This is common in the aging population as the hair cells in the inner dry out and allow the crystals to fall off. It also frequently happens with head injuries, ear infections and sometimes for no reason at all!

As well as experiencing a "spinning sensation" with certain movements of the head, people with BPPV may also sense a loss of balance, nausea, decreased concentration and fatigue.

BPPV is a very treatable disorder. The treatment should be done by a

registered physiotherapist with experience in Vestibular Rehabilitation. There are other more serious problems that can cause dizziness and vertigo, so it is important that a full and thorough assessment be done prior to treatment.

Treatment for BPPV involves a series of gentle positional changes of the head that in turn facilitate movement of the crystals through the canal and back into the sac where they belong. These maneuvers are very effective and if done properly should eliminate the vertigo immediately.

If assessed and treated properly,

you should only need two to three visits to the therapist before you are as good as new.

If you are unsure of your symptoms, have numbness, tingling, slurred speech or difficulty swallowing you should always see a doctor first.

Article submitted by Jenni Veneruz, In Focus Vestibular Rehabilitation, 905-702-7891, www.dizzyhelper.com

Jenni Veneruz is a Registered Physiotherapist with advanced training in Vestibular Rehab. She has seen over 200 patients in the GTA with vestibular problems. She also guest lectures at the University of Toronto.

Local running club invites all to join weekly runs



Georgetown Runners are a group of local runners who meet at the Atlantis Family Athletics (Guelph St. and Mountainview Rd.) 8 a.m. Sundays. Smaller groups meet at various other times and locations for social or training runs. Current members vary in

fitness levels from the novice who is just beginning a new running/fitness program to the more seasoned athlete who is training for an event.

All are welcome to join the runs and meet afterwards for coffee and treats at LaVita Cafe.

For more information visit www.georgetownrunners.ca or call Jim Baidacoff, 905-702-1162.

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Intuitive Counselor whose goal is to
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