Dizziness can increase the risk of falling by causing balance problems, unsteadiness and muscle weakness. Dizziness can also cause a lack of awareness of hazards and increases the chances of an injury from a fall.

There are many causes and there are things that can be done to help manage dizziness.

What are some of the causes?
- Medical conditions affecting blood pressure, nerves, or heart
- Medications
- Inner ear problems
- Low blood sugar
- Lack of air or breathing problems
- Anxiety
- Vision problems
- Motion sickness

Tell your doctor about your symptoms:
- Describe your dizziness and what it feels like.
- Did it first start suddenly or gradually?
- How often does it happen?
- How long does it last?
- What makes it worse?
- What makes it better?

Seek immediate medical attention if you experience dizziness with any of the following:
- Headache
- Blurred vision
- Chest pain
- Hearing loss
- Speech problems
- Leg or arm weakness
- Numbness or tingling
- Heart rate problems
- Shortness of breath
- Loss of consciousness

Acknowledgement to:
- iSOLVE fall prevention partnership project
  (The University of Sydney, Northern Sydney Medicare Local, Clinical Excellence Commission)

For further information scan this with your smart phone

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