



# Finding Balance: Healing From A Decade of Vestibular Disorders

*Sue Hickey*

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Over 10 million adults in the United States have chronic problems with dizziness and imbalance - vestibular problems. This compares to 400,000 with multiple sclerosis or 1.5 million with autism for example, both chronic illnesses with much greater name recognition. Vestibular problems are difficult to diagnose and treat. While vestibular problems come with various medical names (Meniere's, Perilymph Fistula, Endolymphatic Hydrops, Benign Paroxysmal Positional Vertigo (BPPV), and others) they present a common challenge for the affected person on how to deal with the dizziness and eventually find balance. "Finding Balance" addresses over a decade of illness, from the initial two years searching for a diagnosis, through the long years of treatment and finally to the period of rebuilding a life within the confines of what dizziness and vertigo will allow. "Finding Balance" provides a detailed description of symptoms, what can trigger them, the emotional reactions to symptoms, how to recognize their subtle differences, and how to track them in order to contribute to your diagnosis. It also emphasizes the patient's responsibility for healing and eventually how to find the inner balance in life that will be necessary to equitably live with these symptoms over time. And it provides a sense of time, of patience. Special features of "Finding Balance" include: call - out boxes presenting facts and tips for dealing with the disorder; all of the medical information in the book has been reviewed by vestibular specialists for accuracy; bulleted lists at the end of chapter with advice to the reader on next steps; and a resource section at the end of the book listing associations, websites, and other patient resources.

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