

## **Benign Paroxysmal Positional Vertigo**

Vertigo is the sensation that the room is spinning, tilting, whirling, or that you are off balance. Sometimes people also feel nauseated and can't stand up or walk.

It can be caused by inflammation of the vestibulocochlear nerve or by irritation of the labyrinth. The labyrinths are canals in the inner ear, which help sense balance and movement. The vestibulocochlear nerve relays information from the labyrinth about position and movement to the brain. Sometimes vertigo is caused by a problem in the brain itself.

The most common type of vertigo is Benign Paroxysmal Positional Vertigo and it is often caused by debris collecting in the semi-circular canals of the labyrinth of the inner ear. It can affect one or both ears.

The debris can be removed from the semi-circular canals of the labyrinth using the maneuvers described on the next two pages. The maneuvers can be performed at home or in the doctor's office.