

## Patient Information **Dizziness**

### BACKGROUND INFORMATION

- Dizziness is defined as a feeling of unsteadiness, wooziness and lightheadedness and sensations known as vertigo (moving, spinning, floating, swaying, tilting, or whirling.)
- These sensations occur even when standing still or lying down.
- Mechanisms for maintaining balance are complex, requiring input from the heart, brain, and inner ear.
- Finding the exact cause of dizziness is often difficult and requires input from several medical specialties.
- Dizziness is generally not serious.
- It can be the result of medications or interactions of medications.
- It can be caused by drastic changes on blood pressure (orthostasis.)
- It can be caused by arrhythmias.

### SYMPTOMS

- Vertigo - sensations of moving, spinning, floating, swaying, tilting, or whirling
- Can lead to fainting “passing out” or syncope

### DIAGNOSTIC TESTS

- ECG
- Holter
- Echocardiogram
- Orthostatic vital signs (ex: blood pressure measured while a patient is lying down, sitting and/or standing)
- Medication review

### TREATMENT

- Depends on the underlying cause
- Treat any underlying arrhythmias
- Decrease or change in blood pressure medications

**FOR MORE INFORMATION** or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at [www.highlandheart.urmc.edu](http://www.highlandheart.urmc.edu)