

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223



216032 or patient.information@addenbrookes.nhs.uk



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For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Audiology Department

Patient Information

Support and Resources for Dizziness and Imbalance

Document history

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General dizziness and imbalance

This leaflet outlines advice, support and resources available for patients experiencing dizziness and/or imbalance. Your audiologist will try to point you to the information most relevant for your particular case.

Audiology Department, Addenbrooke's Hospital

You can contact staff from the vestibular team in the Audiology Department for general advice and support. However, **please note** that the Audiology staff are unable to reply to patient, parent / guardian or public emails unless we have a signed and completed consent form giving informed agreement to email communication with Audiology Department staff. We can only provide this form at a hospital appointment.

Address: Box 94, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ

Telephone: 01223 217797

Fax: 01223 586912

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Email: audiology@addenbrookes.nhs.uk

Website: <http://www.cuh.org.uk/audiology>

Patient information leaflets:

Leaflets are available on the following topics in dizziness/imbalance:

- The Balance System
- Vestibular Assessment
- Vestibular Rehabilitation
- Benign Paroxysmal Positional Vertigo (BPPV)
- Home Treatment of BPPV
- Hyperventilation
- Relaxation
- Breathing Control
- Ménière's Disease

These are available from the Audiology Department. Alternatively, you can access them online via the link on the Audiology Department website <http://www.cuh.org.uk/audiology>

Mal de Debarquement Syndrome:

Mal de Debarquement Syndrome is a rare balance disorder that most often develops following travel by boat, or following a motion experience. Sufferers have a constant feeling that they have just got off a boat that persists beyond a few days. The following websites provide information on the syndrome.

Website: <http://www.mdds.org.uk>

Website: <http://www.mddsfoundation.org/>

Vestibular Schwannoma / Acoustic Neuroma:

AMNET

This is a national support group for Acoustic Neuroma or Meningioma patients based locally at Addenbrooke's Hospital. Some patients with these conditions experience dizziness and/or imbalance.

Website: <http://www.amnet-charity.org.uk/>

Hyperventilation Syndrome:

Some patients can feel dizzy because they are over-breathing. This short book talks about the syndrome using straightforward language.

Book: Hyperventilation Syndrome: *Breathing Pattern Disorders and How to Overcome Them* by Dinah Bradley. Publisher: Kyle Cathie Year: 2007

ISBN: 1856267504

NHS Evidence – ENT and audiology

This website details up-to-date evidence and research regarding ENT and Audiology conditions, including dizziness and imbalance.

Website: <http://www.library.nhs.uk/ent>

Chicago Dizziness and Hearing

This website provides information about a variety of dizziness and balance disorders.

Website: <http://www.dizziness-and-balance.com>

VEDA (Vestibular Disorders Association, America)

This organisation provides diagnosis and treatment information regarding dizziness and balance disorders.

Website: www.vestibular.org

Specific Conditions

Ménière's disease

The Ménière's Society was founded in 1984 to support people with Ménière's Disease and those who care for them. Sufferers usually have dizziness, tinnitus, hearing loss and fullness in the ear.

Address: The Ménière's Society, The Rookery, Surrey Hills Business Park, Wotton, Dorking, Surrey, RH5 6QT, UK

Website: <http://www.menieres.org.uk/>

Telephone: 0845 120 2975

Local Groups: Norfolk, Ann Read: 01362 858110
Bedfordshire: Max Coleman: 01234 290598

Please contact the Audiology Department if you are interested in setting up a group in Cambridge, Essex or Suffolk.

Ear, Nose and Throat Dept, Addenbrooke's Hospital

You can contact staff from the ENT Department for general advice and support.

Address: Box 48, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ

Telephone: 01223 217588

Fax: 01223 217559

Website:

http://www.cuh.org.uk/addenbrookes/patients/outpatients/clinic/clinic_10.html

Neurotology & Skull Base Surgery Unit, Addenbrooke's Hospital

The Neurotology and Skull Base Unit at Addenbrooke's consists of a well-established multidisciplinary team specialising in the treatment of vestibular schwannomas or acoustic neuromas, and other tumours of the skull base. Some patients with these conditions experience dizziness and/or imbalance.

Address: Box 48, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ

Telephone: 01223 586638

Fax: 01223 217559

Website:

http://www.addenbrookes.org.uk/serv/clin/surg/neurotol_skullbase1.html

NHS Direct

This website provides general information on various health conditions.

Website: www.nhsdirect.nhs.uk

Telephone: 0845 4647

British Society of Audiology Balance Interest Group

This website provides information about the nature of the balance system, and offers advice on how to deal with a balance problem.

Website: www.balancenetwork.org