



VESTIBULAR

DISORDERS ASSOCIATION

5018 NE 15TH AVE · PORTLAND, OR 97211 · FAX: (503) 229-8064 · (800) 837-8428 · INFO@VESTIBULAR.ORG · VESTIBULAR.ORG

Vestibular Disorders Are Disabling

Many vestibular patients find it difficult to continue working due to the physical and cognitive impacts of their illness. Although vestibular disorders are invisible, they are very real and disabling, affecting not only patients' ability to work but to perform common, everyday tasks such as shopping, cooking, cleaning, bathing, and more.

Common symptoms of a vestibular disorder include, but are not limited to:

- Imbalance or unsteadiness
- Vertigo (a spinning or whirling sensation; an illusion of the self or world moving)
- Dizziness (a lightheaded, floating, or rocking sensation)
- Blurred or bouncing vision or other visual disturbances
- Nausea and vomiting
- Hearing changes and tinnitus (constant ringing in the ears)
- Hyperacusis (normal sounds are magnified)
- Headaches

Vestibular patients have trouble with:

- Concentration
- Memory
- Fatigue
- Anxiety
- Word recall

Vestibular disorders can make the following activities difficult or impossible:

- Walking
- Bending over
- Standing for long periods
- Looking at a computer screen
- Reading
- A busy environment where there is lots of motion
- Group meetings where multiple people are talking
- Driving
- Traveling (airplanes, cars, trains, buses)
- Working the long hours of a normal or extended work day

For more information, visit vestibular.org.