



# SETON HEALTH

Caring for the whole person: body, mind, and spirit



## Do you suffer from dizziness or poor balance?

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# The Doctor Is In

Most of us wrestle with balancing work and family life, eating a balanced diet or balancing our checkbooks. Some people struggle to maintain balance itself. Have you ever had trouble descending stairs without getting wobbly; does vertigo occur as you reach toward a grocery shelf; have you become dizzy when you back your car up? Have you recently experienced or suffered from a fall?

As we age, our body's systems become less effective in keeping the body in balance. Couple this natural

process with diminishing vision, arthritic joints, weakening muscles, heart disease, blood vessel disease, nerve problems, diabetes, or dizzy spells from medication side effects, and it's easy to understand why you might struggle to maintain your balance. Due to our aging population, balance problems are becoming a bigger medical issue and aren't always easy to diagnose or treat. When you seek help, it often can be a frustrating cycle. It may be difficult for a doctor to accurately evaluate all the body systems that play a role in maintaining your balance. The end result is that you may require specialized testing and consultations with a number of different specialists at various locations.

If you struggle with dizziness or poor balance, Seton Medical Center offers a specialized hospital based center, the Balance & Mobility Center, dedicated to treating balance disorders

The center's primary advantage is its ability to diagnose the frequently complex causes of balance problems. A specially trained audiologist administers advanced computerized tests that determine how well your brain, eyes, ears, neck, back, and joints are working to maintain balance. Based upon these findings, therapists specializing in balance and vestibular rehabilitation develop a customized treatment plan for you based on your specific areas of impairment and functional limitations.

Utilizing the latest technology and a team approach in diagnosing and treating balance disorders, the goal of the Center is to help you improve your overall function and quality of life. If you suffer from dizziness or poor balance, I encourage you to seek the proper diagnosis and treatment so you can enjoy the simple pleasures of life.