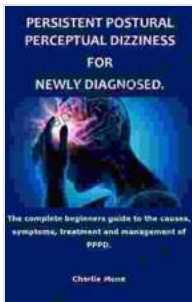


Persistent Postural Perceptual Dizziness For Newly Diagnosed

What is Persistent Postural Perceptual Dizziness (PPPD)?

Persistent Postural Perceptual Dizziness (PPPD) is a chronic condition that causes dizziness and balance problems. It is thought to be caused by a problem with the way the brain processes information from the vestibular system, which is responsible for balance. PPPD is often triggered by a head injury, concussion, or whiplash, but it can also develop for no apparent reason.



PERSISTENT POSTURAL PERCEPTUAL DIZZINESS FOR NEWLY DIAGNOSED.: The complete beginners guide to the causes, symptoms, treatment and management of PPPD. by Joseph Sheppard

★★★★☆ 4.6 out of 5

Language : English
File size : 466 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 12 pages
Lending : Enabled



Symptoms of PPPD

The most common symptoms of PPPD are:

- Dizziness
- Lightheadedness
- Balance problems
- Motion sickness
- Blurred vision
- Double vision
- Tinnitus
- Headaches
- Fatigue

Diagnosis of PPPD

There is no specific test for PPPD. Your doctor will diagnose you based on your symptoms and a physical examination. Your doctor may also Free Download some tests to rule out other conditions that could be causing your symptoms, such as an ear infection or a brain tumor.

Treatment for PPPD

There is no cure for PPPD, but there are treatments that can help to manage your symptoms. These treatments may include:

- Vestibular rehabilitation therapy (VRT)
- Cognitive behavioral therapy (CBT)
- Medication

VRT

VRT is a type of physical therapy that helps to retrain the brain to process information from the vestibular system more effectively. VRT exercises can help to improve balance, reduce dizziness, and decrease motion sickness.

CBT

CBT is a type of talk therapy that helps to change the way you think about and react to your symptoms. CBT can help you to manage your anxiety about dizziness and to develop coping mechanisms for dealing with your symptoms.

Medication

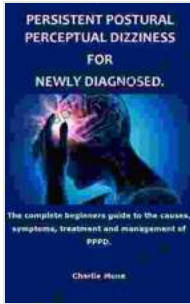
There are a number of medications that can be used to treat PPPD. These medications can help to reduce dizziness, improve balance, and relieve other symptoms of PPPD. Your doctor will work with you to determine which medication is right for you.

Prognosis for PPPD

The prognosis for PPPD is generally good. Most people with PPPD are able to manage their symptoms and live a full and active life. However, some people with PPPD may experience symptoms for many years.

If you have been diagnosed with PPPD, there is hope. With the right treatment, you can manage your symptoms and live a full and active life.

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