

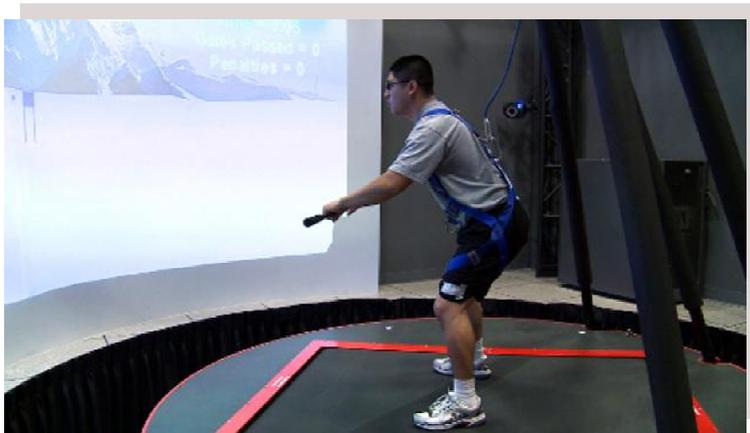


Trouble with Balance, Dizziness, or Sensory Change

- **Talk to your doctor.** Make sure you understand how long problems with balance, dizziness, and sensory changes are likely to last and what you can do to limit them. Ask about medical or physical problems that might be contributing to sensory changes. Review medications you're taking to determine if they are contributing to the problem. For balance or dizziness, ask your doctor to test you for possible vestibular dysfunction. A neuro-ophthalmology exam can identify problems with your vision.



- **Remember that it may be temporary.** It's natural to feel upset or frustrated with these problems. However, try to avoid negative thought patterns. Replace negative thoughts with reasonable thoughts such as, "This is frustrating but *I'm going to do the best I can* until it resolves."
- **Be careful.** If you are not able to drive, operate machinery, or safely perform other high-risk tasks, then don't. Don't take risks that could result in injury to yourself or others.
- **Make necessary changes to protect yourself.** Do what works to limit the stress that sensory changes have on your life. Wear sunglasses to manage light sensitivity. For noise sensitivity, use hearing protection such as earplugs or noise cancelling earphones.



Do what works to limit the stress that sensory changes have on your life.



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- **Sleep well.** Follow a consistent sleep schedule, including the weekends. Plan to get eight hours of sleep (or more), and get to bed near to the same time every evening. Don't nap during the day if it keeps you from sleeping at night.

- **Decrease unhealthy habits.** Alcohol, caffeine, energy drinks, cigarettes, tobacco, and drugs can worsen sensory problems. For example, cigarettes limit blood flow to structures in your ears and can worsen an ear-ringing problem.

- **Exercise.** Anything you do to increase blood flow will help limit sensory changes.

- **Stretch.** Throughout the day stretch your neck, shoulders, and back. Don't sit in one position for too long.

- **Take it easy.** Pushing yourself too hard might slow or interfere with the healing process and cause you frustration. Limit your daily stress, whether that means limiting your time with certain difficult activities or people, or increasing pleasant activities.



Pushing yourself too hard might slow or interfere with the healing process.