



# Evaluation of Etiological Factors and Response to Treatment in Vertigo Patients

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# Introduction

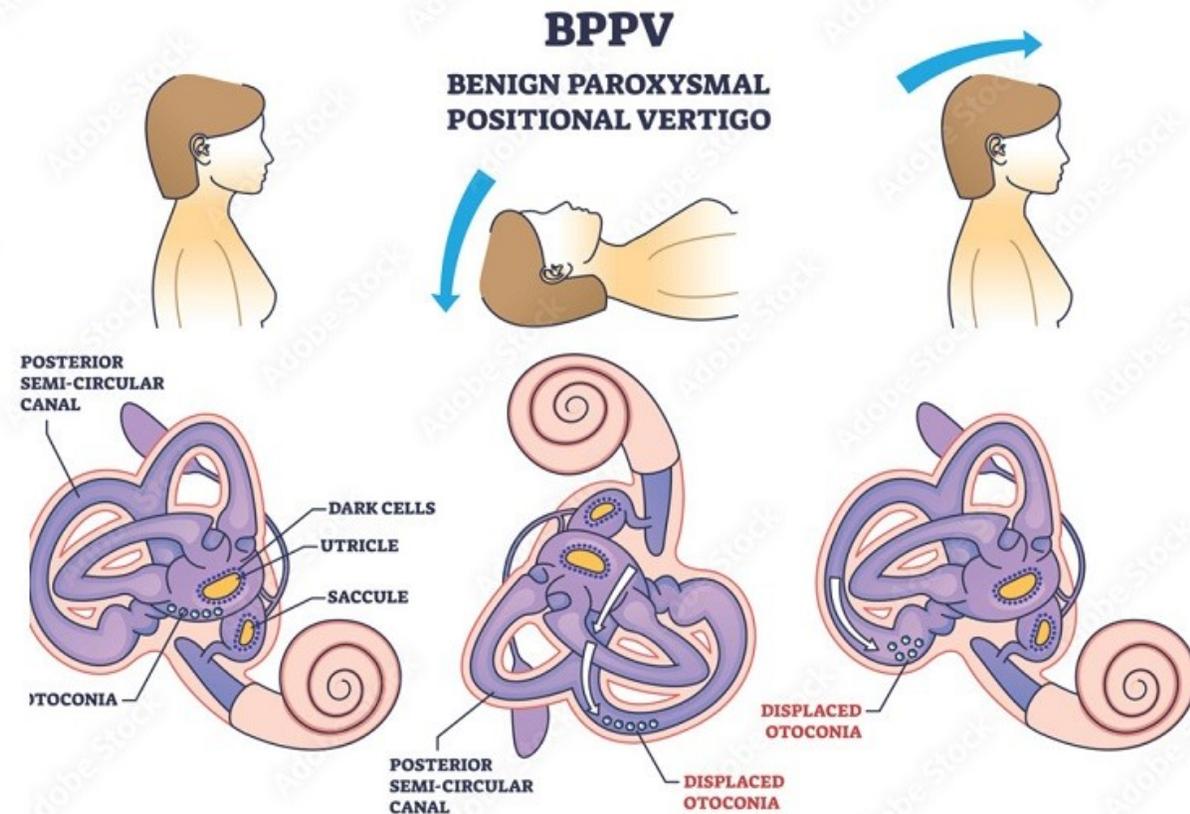
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- **Vertigo** is a type of dizziness caused by an imbalance in the vestibular system.
- **Central vertigo**
- **Peripheral vertigo**



# BPPV (Benign paroxysmal positional vertigo)

- It is the most common type of peripheral vertigo.
- It is accompanied by dizziness caused by certain head positions and nystagmus in the eyes.
- It occurs as a result of the small calcium crystals (canalites) in the inner ear, which allow us to perceive gravity, breaking off from the vestibule and escaping into the labyrinthine fluid.



# Factors that trigger vertigo

- Head trauma
- Labyrinthitis
- Meniere's disease
- Migraine
- Inner ear operations
- Smoking
- Alcohol
- Excessive caffeine consumption
- Stress
- Mechanical triggers (confusing the ear with a foreign body)

Survey studies about the etiology of vertigo and triggering factors are quite few in the literature.

Despite the studies in the literature, the factors that trigger vertigo are still not completely clear.

In this sense, we aim for our study to contribute to the literature.

# Aim of the study

Examining the triggering factors

Especially to evaluate the effect of mechanical triggers

Evaluating the response to treatment

To compare the effectiveness of maneuver therapy with medical treatment

# Method

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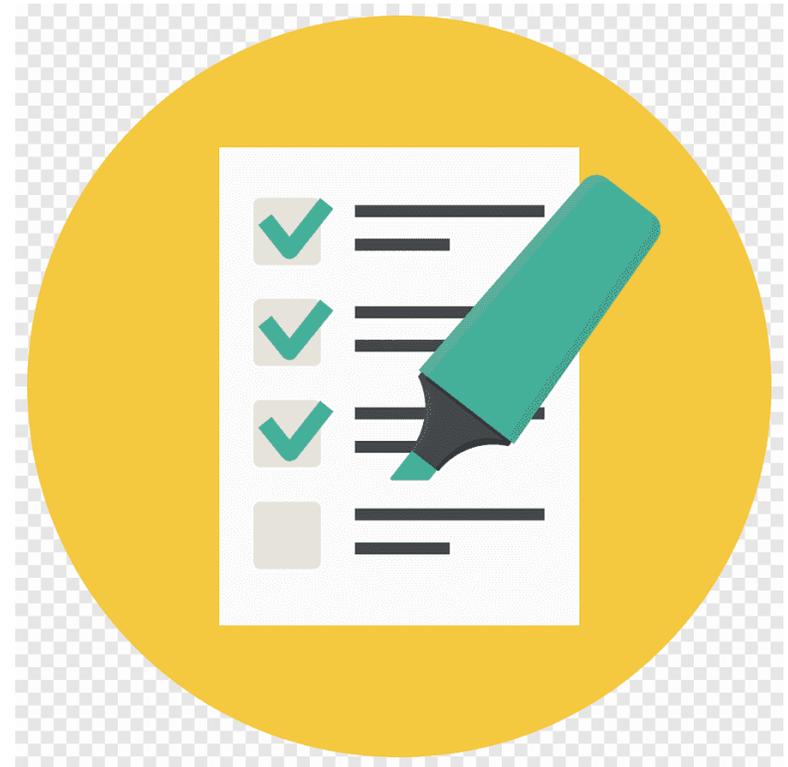
- The survey is conducted on BVU Hospital Neurology Polyclinic via Google form. Respondents are patients who diagnosed with dizziness and vertigo.
- At the end of the study, 52 participants were reached.
- The patients' exposure to factors that trigger vertigo, and the changes in attack frequencies due to these factors were questioned.



# Method

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- Whether the patients received treatment and their response to treatment were evaluated.
- The survey consists of 39 questions with short answers, mostly yes/no.
- The approximate duration of the research is 1 year from the date of ethics committee approval.



# Results

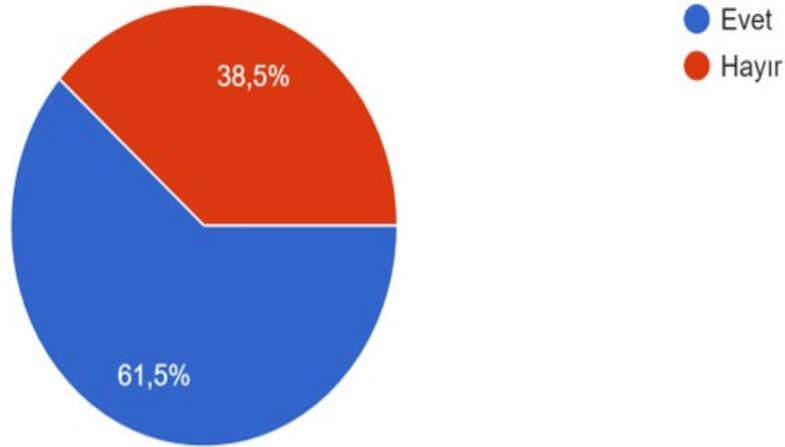
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- A total of 52 patients, 38 women and 14 men, participated.
- The average age of the patients is 37.



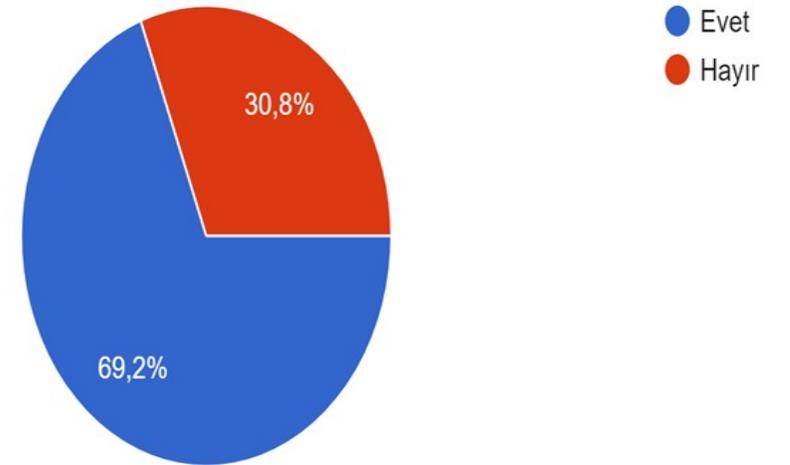
# Results

Fazla ay/kahve tükettiğinizde atak sıklığı/şiddeti artıyor mu?  
52 yanıt



- Excessive caffeine consumption increases the frequency and severity of attacks in 61.5% of patients.

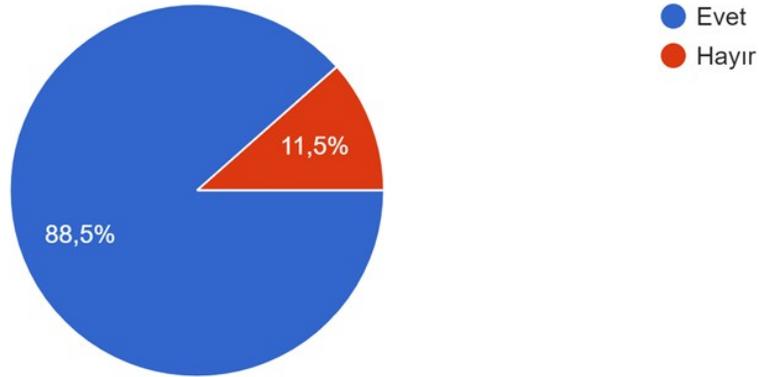
Nezle/ grip sırasında veya sonrasında atak sıklığı/şiddeti artıyor mu?  
52 yanıt



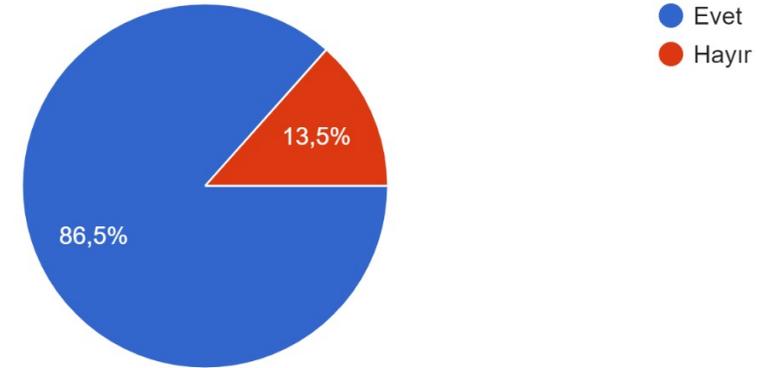
- The frequency and severity of attacks increase in 69.2% of patients during or after cold/flu.

# Results

Stresli dönemlerde atak sıklığı/şiddeti artıyor mu?  
52 yanıt



Yatağa uzandığınızda ya da yataktan kalkarken baş dönmeniz tetikleniyor mu?  
52 yanıt



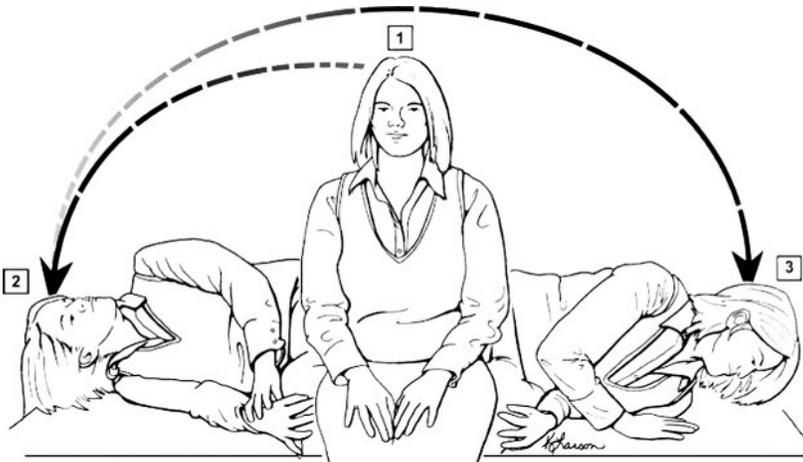
➤ The frequency and severity of attacks increase in 88.5% of patients during stressful periods.

➤ In 86.5% of patients, attacks are triggered when lying down/getting out of bed (position change).



# Results

- 48% of patients use regular medication for vertigo.
- 34% of the patients received maneuver therapy.
- Attack frequency and severity decreased in 77% of patients receiving maneuver therapy.



# Conclusion

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- When we look at the patients' responses, the leading factors that trigger vertigo are stress and position change.
- Excessive caffeine consumption and having a cold/flu also follow these factors.
- However, no clear results have been obtained regarding the relationship between mechanical triggers and vertigo.
- Studies with more participants are needed to compare the effectiveness of medical treatment and maneuver therapy.

# References

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*Thank you for  
listening.*