



# Finding Balance: Healing From A Decade of Vestibular Disorders

*Sue Hickey*

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Over 10 million adults in the United States have chronic problems with dizziness and imbalance - vestibular problems. This compares to 400,000 with multiple sclerosis or 1.5 million with autism for example, both chronic illnesses with much greater name recognition. Vestibular problems are difficult to diagnose and treat. While vestibular problems come with various medical names (Meniere's, Perilymph Fistula, Endolymphatic Hydrops, Benign Paroxysmal Positional Vertigo (BPPV), Mal de Debarquement (MdDS), and others) they present a common challenge for the affected person on how to deal with the dizziness and eventually find balance.

*Finding Balance* addresses over a decade of illness, from the initial two years searching for a diagnosis, through the long years of treatment and finally to the period of rebuilding a life within the confines of what dizziness and vertigo will allow. *Finding Balance* provides a detailed description of symptoms, what can trigger them, the emotional reactions to symptoms, how to recognize their subtle differences, and how to track them in order to contribute to your own diagnosis. It also emphasizes the patient's responsibility for healing and eventually how to find the inner balance in life that will be necessary to equitably live with these symptoms over time. And it provides a sense of time, of patience.

Special Features of *Finding Balance* Include:

- Call-out boxes presenting facts and tips for dealing with the disorder
- All of the medical information in the book has been reviewed by vestibular specialists for accuracy
- Bulleted lists at the end of chapter with advice to the reader on next steps

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In this era globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The book that recommended for your requirements is Finding Balance: Healing From A Decade of Vestibular Disorders this book consist a lot of the information in the condition of this world now. This specific book was represented how does the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The particular writer made some exploration when he makes this book. Honestly, that is why this book suited all of you.

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