

# Dizziness



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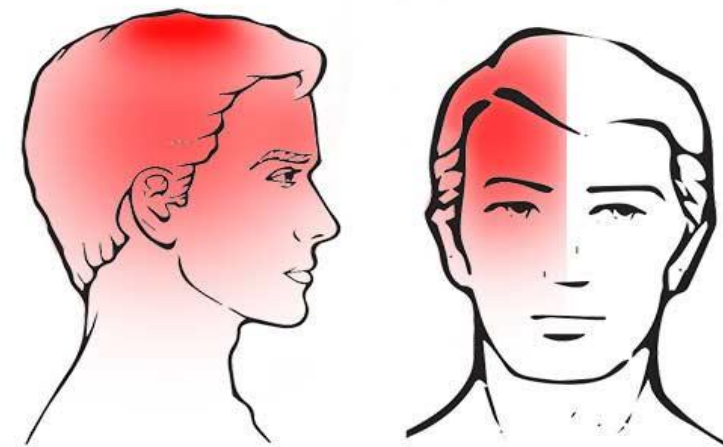
## Introduction:

Dizziness is a term used to describe a range of sensations, such as feeling faint, woozy, weak or unsteady. Dizziness that creates the false sense that you or your surroundings are spinning or moving is called vertigo.



Common causes of dizziness include:

## 1. Migraine



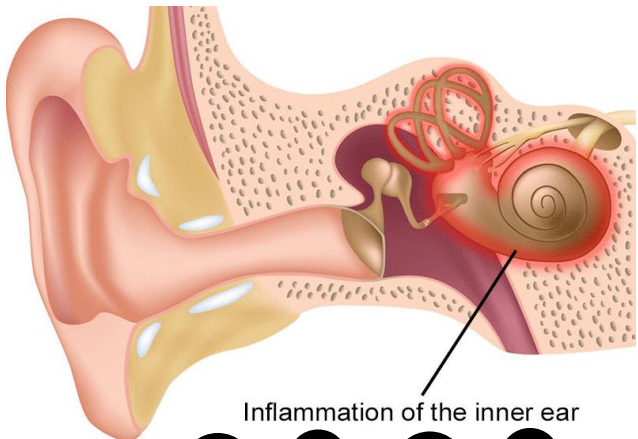
## 2. Medications



### 3. Alcohol



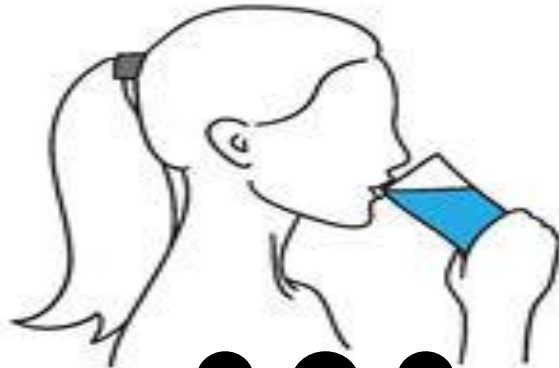
It can also be caused by a problem in the **inner ear**, where balance is regulating.



*Medications to treat dizziness:* Water pills or diuretics may be used as treatment for conditions like Meniere's disease that cause a fluid buildup in the inner ear. Antihistamines and anticholinergics are two of the only prescription medications that focus entirely on treating dizziness instead of the underlying condition.

#### *Prevention methods:*

- Drink plenty of water.



- Get enough sleep.



- Avoid salt, alcohol, caffeine, and tobacco.
- Reduce the amount of stress in your life.

