

About Our Group:

Ear Nose and Throat Consultants of Nevada (ENTC) represents a state of the art practice dedicated to the diagnosis and treatment of diseases of the head and neck and related structures (the medical specialty of otolaryngology).

ENTC is the largest ear, nose and throat specialty practice in the entire southwest desert. ENTC provides a comprehensive and unique capability to evaluate and treat disorders in this field of health care.

The mission of ENTC, since its inception, has been to provide excellent care for patients and to accomplish this within a friendly, caring atmosphere. The physicians of ENTC comprise a group of dedicated and highly trained specialists with a tradition of service excellence in Nevada for the last five decades. Additionally, difficult cases are frequently discussed at regular group meetings so that these patients receive the benefit of opinions from 8 or 9 physicians.

Finally, ENTC is a dynamic organization keeping pace with technological and informational progress in otolaryngology for the benefit of its patients and referring physicians.

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BPPV

(Benign Paroxysmal Positional Vertigo)

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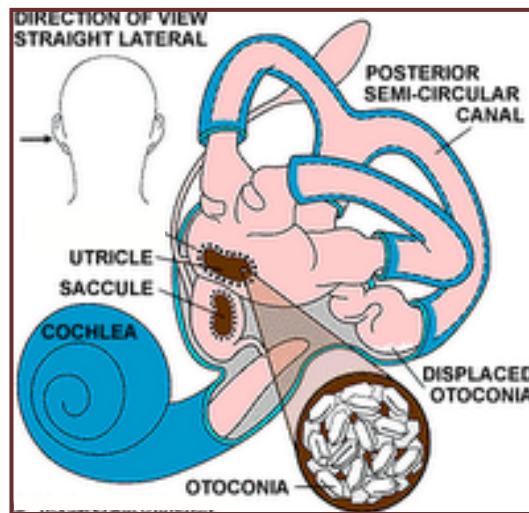
Benign Paroxysmal Positional Vertigo, also called BPPV, is the most common cause of dizziness. Approximately 25% of people who suffer from vertigo will have BPPV.

Benign: It is not caused by malignancy, brain or circulatory disease.

Paroxysmal: Attacks are sudden.

Positional: An attack is set off by a change of position.

Vertigo: Dizziness of a spinning, falling or other sensation.



BPPV is caused by crystals in a protein matrix. The crystals normally sit on the hairs of the nerve endings, but sometimes fall off and float free in the inner ear. Thus, with an individual's motion, the crystals float around and hit the nerve endings, setting off an episode of vertigo. People often do not realize that head motion sets off vertigo because there is a delay between the motion and the onset of the dizziness. The body usually absorbs these crystals and, symptoms resolve spontaneously.

These episodes are more common in the elderly, but can occur at any age. There is a wide range of severity of BPPV. Sometimes the episode lasts for only a few days, and is attributed to a "virus". Other times it can last for months or years. The vertigo can be mild to severe. The symptoms can be disabling, especially at first.

Treatment Options:

- Symptomatic treatment with rest and sea sick medication such as meclazine.
- Vestibular exercises with position changing maneuvers several times each day (Brandt-Daroff, etc.)
- Canalith Repositioning Maneuver done in the office and may be repeated. (CRP)
- Semicircular Canal Surgery

Conservative treatment is usually effective. The Brandt-Daroff exercise can be done at home on a periodic basis to minimize the chance of recurrence rate with BPPV. Physical therapy can often fix the current episode.