

# BALANCE SELF-ASSESSMENT

- Do you experience dizziness or vertigo if you move your head quickly or change body positions?
- Do you have trouble navigating in the dark?
- Does walking through aisles or hallways make you feel off-balance?
- Do you feel uncertain of your footing even when walking on even surfaces?
- Do you ever feel unsteady?
- Are you often afraid of falling or stumbling?
- Does watching moving objects, like an escalator or the landscape during a car ride, make you feel uncomfortable?
- Do you have difficulty remaining balanced when walking on different surfaces?
- Do family and friends have difficulty understanding your feelings of unbalance and dizziness?

***If you experience any of the above symptoms, contact Audiology Center of Maine to assess your balance system.***



**DAVID A. JARDINE, AU.D.**

Dr. David completed his bachelor's degree at Nebraska Wesleyan University, his master's in Psychology at University of Pacific in California and his Doctor of Audiology degree at University of Louisville's School of Medicine

in Kentucky. He spent his clinical externship at the Louisville VA Medical Center, where he created a tinnitus rehabilitation clinic. He also helped develop and grow the Hearing and Balance Center at the University of the Pacific in Stockton, California.



**ELIZABETH BEAL JARDINE, AU.D.**

Dr. Elizabeth completed her bachelor's degree at University of Maine at Orono and earned her Doctor of Audiology degree at Central Michigan University. She did her clinical externship at Eastern Maine Medical Center's

The Hearing Center in Bangor. Upon graduation, Elizabeth taught auditory processing disorders at the University of the Pacific in California and helped establish a new audiology clinic for Mercy Medical Group in Elk Grove.

**SCHEDULE AN APPOINTMENT  
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**Center of Specialty Care**  
The American Institute of Balance®

## VERTIGO, DIZZINESS IMBALANCE & MOTION SICKNESS



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## COMMON CONDITIONS

Audiology Center of Maine is known for its expertise in the evaluation, treatment and rehabilitation of these common dizziness and balance conditions.

### Inner Ear Disorders

- BPPV
- Vestibular Neuritis
- Vestibular Rehabilitation
- Meniere's Disease
- Labyrinthitis

### Chronic Dizziness & Imbalance

- Concussions
- Fall Risk & Prevention
- Vertigo
- Vestibular Migraine



## TYPES OF DIAGNOSTIC BALANCE TESTS

- **Rotary Chair Testing.** The gold standard test in diagnosing bilateral vestibular loss, used to investigate whether or not their dizziness may be due to a disorder of the inner ear or brain.
- **Retrocochlear ABR & Electrocochleography.** Determines whether there is excess fluid in the inner ear by measuring the electrical currents generated by sound stimulation. Used to diagnose Meniere's disease and other balance and hearing disorders.
- **Vestibular Head Impulse Test (vHIT).** Used to diagnose reduction in vestibular function in one ear vs. the other.
- **Vestibular Evoked Myogenic Potential (VEMP).** Used to determine whether the saccule (an inner ear organ) and vestibular nerves are functioning properly.
- **Videonystagmography (VNG).** Measures eye movements to evaluate the inner ear and central motor functions. It can determine whether a vestibular disorder is the cause of a balance problem, and if one or both ears are affected.
- **Computerized Dynamic Visual Acuity Test (CDVAT).** This tests for a change in vision with controlled head movement.
- **Sensory Organization Performance Test.** A form of posturography that is designed to assess an individual's ability to use visual, proprioceptive and vestibular cues to maintain postural stability in stance.



## TREATING IMBALANCE & DIZZINESS

Treatment for dizziness takes many forms, depending on the cause. We will target the underlying condition in order to reduce or eliminate the symptoms.

### Options include:

- Repositioning exercises.
- Vestibular Rehabilitation Therapy, including state of the art virtual Reality training and outcome validation measurements.
- Physical or occupational therapy.
- Lifestyle modifications (such as dietary changes and elimination of alcohol and nicotine).
- Medications (antihistamines, sedatives, antibiotics or steroids).
- Surgery.

Audiologists are the most qualified individuals to help you manage your balance disorder, and they provide an unparalleled breadth of care.

