



DIZZY CLINICS AUSTRALIA

Vestibular Migraines

Vestibular migraine is a type of migraine where you experience dizziness, vertigo or imbalance lasting from minutes to days, with or without an actual headache. Vestibular Migraines are a very common cause of episodic vertigo in both children and adults. It is important to note that a person with vestibular migraines may have headaches without dizziness, or dizziness without headaches.

Symptoms

Vestibular migraines can include a number of debilitating symptoms affecting the balance, ears, and vision.

Typically episodes of vestibular migraine last between 5 minutes and 72 hours.

Symptoms can include:

- spontaneous vertigo
- intolerance to head movement
- motion sensitivity
- poor balance
- nausea
- ear pressure / tinnitus / noise sensitivity
- visual blurring / aura / light sensitivity
- headache (during or post)
- fatigue
- smell sensitivity

Diagnosis

A diagnosis is made based on a person's medical history and a physical examination. Further testing may be required to rule out other vestibular conditions. If a person has a past or a family history of migraines, they are more likely to develop vestibular migraines. Some people report a childhood history of motion sickness or positional vertigo.

During a vestibular migraine episode, a person may have a nystagmus which can be assessed with our special goggles at South Coast Dizzy Clinic.

Vestibular Migraines are often associated with anxiety, PPPD, fibromyalgia, and IBS.

A person may be referred to a neurologist to assist in making this diagnosis.

Management

A range of health professionals are often required to best to manage vestibular migraines - including vestibular physiotherapists, neurologists, and psychologists.

Best practice may include:

- vestibular physiotherapy
 - education, eye and head-movement exercises, balance exercises, exercises for motion and sensory tolerance
- lifestyle changes - sleep, exercise, diet
- anxiety and stress management
- medications
- trigger identification