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978-0-521-83791-0 - Dizziness: A Practical Approach to Diagnosis and Management

Adolfo M. Bronstein and Thomas Lempert

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Cambridge Clinical Guides

Most clinicians find it difficult to diagnose dizzy patients, as the potential causes span various subspecialties, including internal medicine, neurology, otology, ophthalmology and psychiatry. This book offers a novel approach, with chapters organised by easily recognisable clinical presentations, such as recurrent vertigo or positional vertigo. To orientate the reader, a table with differential diagnoses is given at the beginning of each chapter, including key features of each disorder. The authors' friendly approach extends to advice on history-taking and clinical examination, and each chapter ends with hints on 'what to do if you don't have a clue'. Common disorders are highlighted, with brief coverage of rarities. Basic science aspects are limited to what is really relevant to the clinician.

A useful video CD shows the clinical examination, nystagmus findings, diagnostic and therapeutic positioning and exercises for vestibular rehabilitation, as well as examples of common clinical abnormalities including nystagmus.

With this book at hand, many more doctors will approach their next dizzy patient with confidence.

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University Printing House, Cambridge CB2 8BS, United Kingdom

Cambridge University Press is part of the University of Cambridge.

It furthers the University's mission by disseminating knowledge in the pursuit of education, learning and research at the highest international levels of excellence.

www.cambridge.org

Information on this title: www.cambridge.org/9780521837910

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First published 2007

9th printing 2014

Printed in the United Kingdom by Print on Demand, World Wide

A catalogue record for this publication is available from the British Library

Library of Congress Cataloguing in Publication data

Bronstein, Adolfo M.

Dizziness : a practical approach to diagnosis and management /

Adolfo M. Bronstein, Thomas Lempert.

p. ; cm. – (Clinical guides series)

Includes bibliographical references and index

ISBN-13: 978-0-521-83791-0 (hardback)

ISBN-10: 0-521-83791-X (hardback)

1. Dizziness. 2. Vertigo. I. Lempert, Thomas. II. Title. III. Series.

[DNLM: 1. Dizziness–diagnosis. 2. Dizziness–therapy. 3. Vertigo–diagnosis.

4. Vertigo–therapy. WL 340 B869d 2006]

RB150.V4D592 2006

616.8'41–dc22

2006024068

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Frontmatter

[More information](#)

Contents

Acknowledgements	<i>page</i> viii
List of tables	<i>page</i> ix
List of video clips	<i>page</i> xii
Introduction: How to use this book	xiv
1 ■ Essential anatomy and functions of the balance system	1
Introduction	1
Anatomy and physiology of the vestibular system	2
Eye movements	14
Multisensory integration	19
2 ■ Symptoms and examination of the patient with vertigo and dizziness	23
Symptoms	23
Essentials of the clinical examination	34
Eye-movement examination	35
Vestibular eye movements	39
Positional manoeuvres	45
Frenzel's glasses	47
Posture and gait	49
Clinical assessment of hearing	51
Orthostatic blood pressure	52
Laboratory examinations	53
Separating peripheral from central vestibular lesions	56
Imaging procedures in dizzy patients	58
3 ■ A single episode of prolonged vertigo	61
Vestibular neuritis	62
Brainstem and cerebellar lesions	70

Cambridge University Press

978-0-521-83791-0 - Dizziness: A Practical Approach to Diagnosis and Management

Adolfo M. Bronstein and Thomas Lempert

Frontmatter

[More information](#)

First attack of migrainous vertigo	76
First attack of Menière's disease	76
Other causes of acute persistent vertigo	77
What to do if you don't have a clue	78
4 ■ Recurrent vertigo and dizziness	80
Recurrent vertigo	81
Migrainous vertigo	82
Benign recurrent vertigo	91
Menière's disease	91
Vertigo due to vertebrobasilar transient ischaemic attack	97
Paroxysmal recurrent vertigo: vascular compression of the eighth nerve?	100
Perilymph fistula	102
Rare causes of recurrent vertigo	103
What to do if you don't have a clue	108
Recurrent dizziness	109
Orthostatic hypotension	110
Cardiac arrhythmia	114
Psychogenic dizziness	117
Drug-induced dizziness	124
Other causes of recurrent dizziness	128
What to do if you don't have a clue	129
5 ■ Positional vertigo	131
Posterior-canal benign paroxysmal positional vertigo	132
Horizontal-canal benign paroxysmal positional vertigo: canalolithiasis type	141
Horizontal-canal benign paroxysmal positional vertigo: cupulolithiasis type	145
Migrainous vertigo	147
Central positional vertigo	148
Other causes of positional vertigo	151
What to do if you don't have a clue	154
6 ■ Chronic dizziness and unsteadiness	157
The origin of chronic dizziness	157
Patients with a past history of vertigo	159
Visual vertigo	160
Motorist disorientation syndrome	161
Psychological presentations	161

Cambridge University Press

978-0-521-83791-0 - Dizziness: A Practical Approach to Diagnosis and Management

Adolfo M. Bronstein and Thomas Lempert

Frontmatter

[More information](#)

Chronic migrainous vertigo	163
Late-stage Menière's disease	163
Patients with progressive disequilibrium	163
Bilateral loss of vestibular function	163
Neurological disorders causing progressive disequilibrium	167
Patients with no history of vertigo or disequilibrium	168
Management of the chronic dizzy patient	169
What to do if you don't have a clue	171
7 ■ Dizziness, imbalance and falls in the elderly	172
Introduction	172
Effects of physiological ageing on balance	174
Drug-induced dizziness	175
Benign paroxysmal positional vertigo (BPPV)	175
Orthostatic hypotension	177
Vascular disorders	177
Neurological disease	180
Fear of falling and cautious gait	184
Cardiac arrhythmia	185
Orthopaedic disorders	185
Falls in the elderly	186
Approach to the patient with falls	192
Management of the faller	193
What to do if you don't have a clue	193
8 ■ Treatment of the dizzy patient	195
Patient reassurance, information and counselling	195
Rehabilitation	198
Drug treatment of vertigo, nausea and vomiting	205
Surgical treatment of vertigo	212
Further reading	213
Index	215

Cambridge University Press

978-0-521-83791-0 - Dizziness: A Practical Approach to Diagnosis and Management

Adolfo M. Bronstein and Thomas Lempert

Frontmatter

[More information](#)

Acknowledgements

We thank Mary Faldon and David Buckwell for their technical and video support for this book.

Tables

2.1	Symptoms as a clue to diagnosis	<i>page 24</i>
2.2	Examination of the dizzy patient	25
2.3	Laboratory investigations for dizzy patients	26
2.4	Oscillopsia: diagnostic algorithm	32
2.5	Sorting out pathological nystagmus	38
2.6	Guide for peripheral versus central vestibular disorders	57
2.7	Guide for peripheral versus central nystagmus	57
2.8	Indications for brain scanning in dizzy patients	58
3.1	Single episode of prolonged vertigo: diagnoses with key features	61
3.2	Vestibular neuritis: key features	62
3.3	Clinical criteria for requesting magnetic resonance imaging in a patient with acute vertigo	71
3.4	Progression and course of brainstem/cerebellar syndromes as a clue to aetiology	71
3.5	Nystagmus features and associated findings in disorders presenting with prolonged vertigo	72
4.1	Recurrent vertigo: diagnoses with key features	81
4.2	Migrainous vertigo: key features	82
4.3	International Headache Society (IHS) criteria for the diagnosis of migraine without aura	83
4.4	Proposed criteria for definite migrainous vertigo	84
4.5	Criteria for probable migrainous vertigo	84
4.6	Pharmacological treatment of migrainous vertigo	90
4.7	Menière's disease: key features	91
4.8	Differential diagnosis of Menière's disease: disorders which may present with vertigo and cochlear symptoms	96
4.9	Vertiginous transient ischaemic attack: key features	97
4.10	Associated symptoms in 42 patients with vertigo due to vertebrobasilar disease	98

Cambridge University Press

978-0-521-83791-0 - Dizziness: A Practical Approach to Diagnosis and Management

Adolfo M. Bronstein and Thomas Lempert

Frontmatter

[More information](#)

4.11	Proposed diagnostic criteria for peripheral vestibular paroxysmia: neurovascular compression of the eighth nerve	101
4.12	Causes of perilymph fistula	102
4.13	Recurrent dizziness: diagnoses with key features	109
4.14	Orthostatic hypotension: key features	110
4.15	Factors causing or aggravating orthostatic hypotension	111
4.16	Typical triggers for neurally mediated syncope	111
4.17	Cardiac arrhythmia: key features	114
4.18	Arrhythmia syndromes that may induce dizziness	115
4.19	Psychogenic dizziness: key features	117
4.20	Symptoms of panic attacks	119
4.21	Drugs causing dizziness and imbalance	126
5.1	Positional vertigo: common diagnoses with key features	131
5.2	Posterior-canal benign paroxysmal positional vertigo: key features	132
5.3	Differential diagnosis of positional nystagmus	137
5.4	Horizontal-canal benign paroxysmal positional vertigo of the canalolithiasis type: key features	141
5.5	Horizontal-canal benign paroxysmal positional vertigo of the cupulolithiasis type: key features	145
5.6	Central positional vertigo: key features	148
5.7	Brainstem and cerebellar signs associated with central positional vertigo	150
6.1	Approach to the patient with chronic dizziness	158
6.2	Relevant questions and investigations in the patient with chronic disequilibrium	168
7.1	Dizziness, in the elderly: diagnoses with key features	173
7.2	Symptoms, signs and mechanisms of drug-induced vertigo	176
7.3	Essential investigations for falls in the elderly	186
7.4	Predisposing factors to falls	187
7.5	Specific disorders leading to falls	187
7.6	'Funny turns': additional symptoms as a clue to causes of falls	189
8.1	Key elements in the treatment of dizzy patients	196
8.2	Essentials of rehabilitation assessment	199
8.3	Factors interfering with clinical recovery following vestibular lesions	199

Cambridge University Press

978-0-521-83791-0 - Dizziness: A Practical Approach to Diagnosis and Management

Adolfo M. Bronstein and Thomas Lempert

Frontmatter

[More information](#)

8.4	Movements typically included in vestibular rehabilitation programmes	202
8.5	Pharmacological profile of commonly used vestibular suppressants	207

Video clips on accompanying CD-ROM

■ Chapter 2

- 02.01 - Oscillopsia due to bilateral vestibular failure.
- 02.02 - Clinical examination: Convergence and search for spontaneous nystagmus.
- 02.03 - Normal convergence and search for spontaneous nystagmus.
- 02.04 - Examination for gaze limitation.
- 02.05 - Clinical examination of smooth pursuit.
- 02.06 - Normal smooth pursuit.
- 02.07 - Clinical examination of saccades.
- 02.08 - Normal saccades.
- 02.09 - Clinical examination of the vestibular-ocular reflex (VOR) with the head thrust manoeuvre.
- 02.10 - Normal head thrust.
- 02.11 - Doll's head-eye manoeuvre.
- 02.12 - Normal doll's head-eye manoeuvre.
- 02.13 - Abnormal head thrust test to the right.
- 02.14 - Bilaterally abnormal head thrust test.
- 02.15 - Normal VOR suppression.
- 02.16 - Clinical examination: Hallpike to the left.
- 02.17 - Clinical examination: Hallpike to the right.
- 02.18 - Clinical examination: sideways Hallpike to the left.
- 02.19 - Clinical examination: sideways Hallpike to the right.
- 02.20 - Positional downbeating nystagmus.
- 02.21 - Acquired pendular nystagmus.
- 02.22 - Gaze evoked nystagmus.

Cambridge University Press

978-0-521-83791-0 - Dizziness: A Practical Approach to Diagnosis and Management

Adolfo M. Bronstein and Thomas Lempert

Frontmatter

[More information](#)

- 02.23 - Abnormal pursuit.
- 02.24 - Abnormal VOR suppression.
- 02.25 - Saccadic hypometria in Parkinson's disease.
- 02.26 - Saccadic hypermetria in cerebellar disease.
- 02.27 - Slow saccades.

■ Chapter 3

- 03.01 - Left sided vestibular neuritis.
- 03.02 - Abnormal head thrust to the left.
- 03.03 - Pure torsional nystagmus.
- 03.04 - Atypical (central) positional nystagmus.

■ Chapter 5

- 05.01 - Right sided BPPV.
- 05.02 - Treatment of BPPV: Semont left.
- 05.03 - Treatment of BPPV: Semont Right.
- 05.04 - Treatment of BPPV: Epley left.
- 05.05 - Treatment of BPPV: Epley right.
- 05.06 - Positional downbeating nystagmus.
- 05.07 - Positional downbeating nystagmus (video oculography).

■ Chapter 7

- 07.01 - Impaired postural reflexes.
- 07.02 - High level gait disorder (freezing and hesitation).
- 07.03 - Downbeating nystagmus.
- 07.04 - Gait in a patient with downbeating nystagmus.
- 07.05 - Finger nose test in a patient with downbeating nystagmus.

■ Chapter 8

- 08.01 - Vestibular rehabilitation: Seated exercises.
- 08.02 - Vestibular rehabilitation: Standing exercises.

Introduction: how to use this book

Don't read this book – from cover to cover! This book has been written for the non-expert doctor who sees dizzy patients and who needs quick guidance to differential diagnosis and treatment. Conventional books are not always helpful in this situation as they are disease-oriented, and only after reading them from A to Z you may guess what your actual patient's problem is. This book is different by taking a symptom-oriented approach.

The book starts with two introductory chapters which deal with the essential anatomy and functions of the vestibular system and with the clinical assessment of the dizzy patient. These chapters are required reading as they prepare the ground for working with dizzy patients. From there on, you can turn directly to one of the problem-oriented chapters whenever you need to solve a particular dizziness problem. The clinical chapters are entitled according to common and easily identifiable clinical situations such as positional vertigo or recurrent dizziness. Each clinical chapter begins with a table for differential diagnosis with key features of the relevant disorders, followed by a concise text organized in the same sequence as the opening table. Numerous other tables facilitate the differential diagnosis. Common disorders are explained in detail, rarities are only briefly touched on. At the end of each of the clinical chapters you will find a section entitled 'What to do if you don't have a clue' that gives you some rescue ideas to manage impossible clinical situations.

The final chapter, 'Treatment of the dizzy patient', explains general aspects of treatment such as the use of vestibular sedatives and the principles of vestibular rehabilitation which are common to various disorders. The more specific aspects of treatment are dealt with in the dedicated chapters. The accompanying CD-ROM shows the clinical examination, the diagnostic and therapeutic positioning manoeuvres for benign paroxysmal positional vertigo, and exercises for vestibular rehabilitation, as well as examples of common

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Frontmatter

[More information](#)

clinical findings. Each chapter refers you to the corresponding video clips on the CD-ROM, although you may prefer to see them all in one go by way of a “hands on” introduction on how to deal with a dizzy patient.

The world of dizziness has changed completely in the last two decades, as new treatable syndromes have been identified, such as migrainous vertigo, the variants of benign paroxysmal positional vertigo, and psychiatric causes of dizziness. We hope that this book will stimulate your interest in vertigo and balance disorders and that it will make you feel optimistic when facing your next dizzy patient.