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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Dizziness
A Practical Approach to Diagnosis and Management

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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
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.