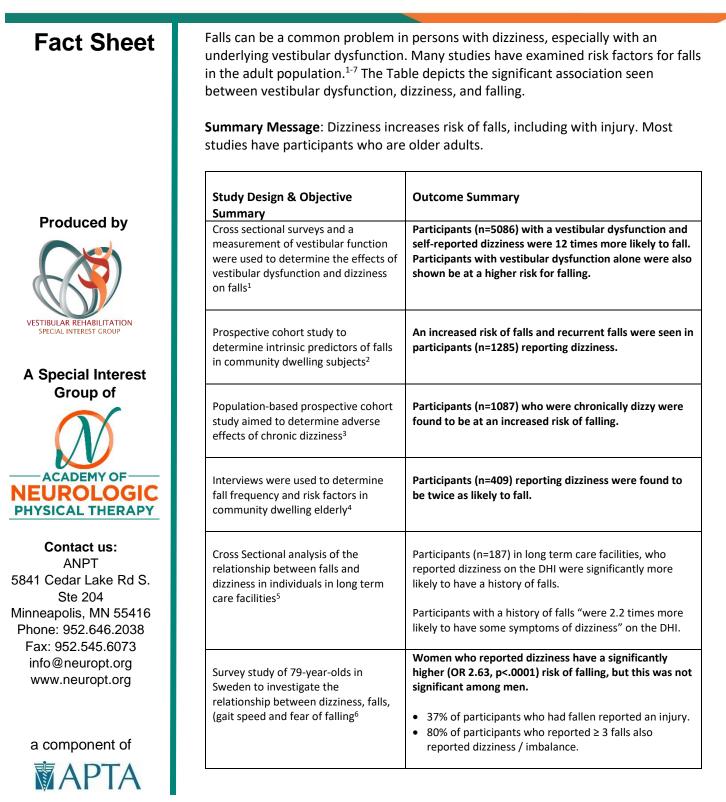
# **Research Studies That Associate**

## **Dizziness and Falls**

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Cross sectional analysis of a National Health Interview Survey including the quantification of the relationship between dizziness and falls (with and without injury) <sup>7</sup>	<ul> <li>Take-Away: "Dizziness is strongly associated with both an increased tendency to fall and increased injury rate from falls"</li> <li>34% of individuals who reported dizziness also reported a fall in the past 12 months (compared to 9% of individuals without dizziness).</li> <li>45.8% of individuals with dizziness reported an injury associated with the fall, compared to 35.6% of those who fell and denied dizziness.</li> </ul>
Prospective clinical study examined the incidence of falls in patients with peripheral vestibular hypofunction <sup>8</sup>	Participants with bilateral vestibular hypofunction (n=45) were shown to have a significant increase in falls when compared to the general population when age was considered.
Transversal descriptive analytic study was used to examine the cause of falls in the elderly who reported chronic dizziness / vertigo (>3 months) <sup>9</sup>	<ul> <li>53% of participants (n=64) reported recurrent falls.</li> <li>83% reported the "tendency to fall"</li> <li>Falls most commonly reported in the morning (52%). Vertigo was the most reported direct cause of falls (25%)</li> <li>Participants who fell because of dizziness and vertigo were significantly more likely to fall ≥2 times, vs. experience a single fall.</li> </ul>

If vestibular dysfunction is the suspected or known cause of dizziness, vestibular rehabilitation with a qualified physical therapist should be offered to decrease patient symptoms, improve balance, and decrease risk for falls. <sup>10-13</sup>

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