

In A Nutshell
June 2023
Vertigo

Many people with MS experience episodes of dizziness, which can make you feel lightheaded or off-balance. Some also have episodes of vertigo. Vertigo is the false sensation of whirling or spinning of yourself or the world around you.

True vertigo is estimated to occur in about 20% of MS patients. Lesions within the vestibular nuclei and in the root entry zone of cranial nerve VIII represent the most common locations where demyelinating activity can provoke vertigo in patients with MS.

The lesions that result from MS make it difficult for nerves within the central nervous system to send messages to the rest of the body. This causes MS symptoms, which vary according to the location of the lesions. A lesion or lesions in the brain stem or cerebellum, the area of the brain that controls balance, may cause vertigo.

If you are dizzy or lightheaded or feel that the room is spinning, it's important to take a few steps right away to help yourself feel better and to avoid falls and potential injury.

- Sit down-if you are not already sitting
- Don't move your head
- Dim bright lights

Consider purchasing over-the-counter motion-sickness medications and keeping them on hand for whenever a dizzy spell occurs. If your dizziness persists or becomes chronic (ongoing), your neurologist may prescribe stronger motion sickness medications for you. Be sure to confer with your doctor before trying any new medications or treatments.

Just for Fun

So, why did I choose this as the topic for the month? Yes, I have experienced Vertigo recently. I am having an MRI-brain in a couple of weeks to determine if there are any new lesions. Will I be among the 20%?

I am curious. If you read this article, please let me know. Email me at

Kaydee691@gmail.com. Thank you.

[Dizziness and Vertigo in Multiple Sclerosis \(healthline.com\)](https://www.healthline.com/health/vertigo)

[Benign paroxysmal positioning vertigo in multiple sclerosis: diagnosis, pathophysiology and therapeutic techniques - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/35484841/)

[Dizziness and Vertigo With MS: 9 Facts and Ways To Manage | MyMSTeam](https://www.mymstteam.com/2023/06/01/dizziness-and-vertigo-with-ms-9-facts-and-ways-to-manage/)

