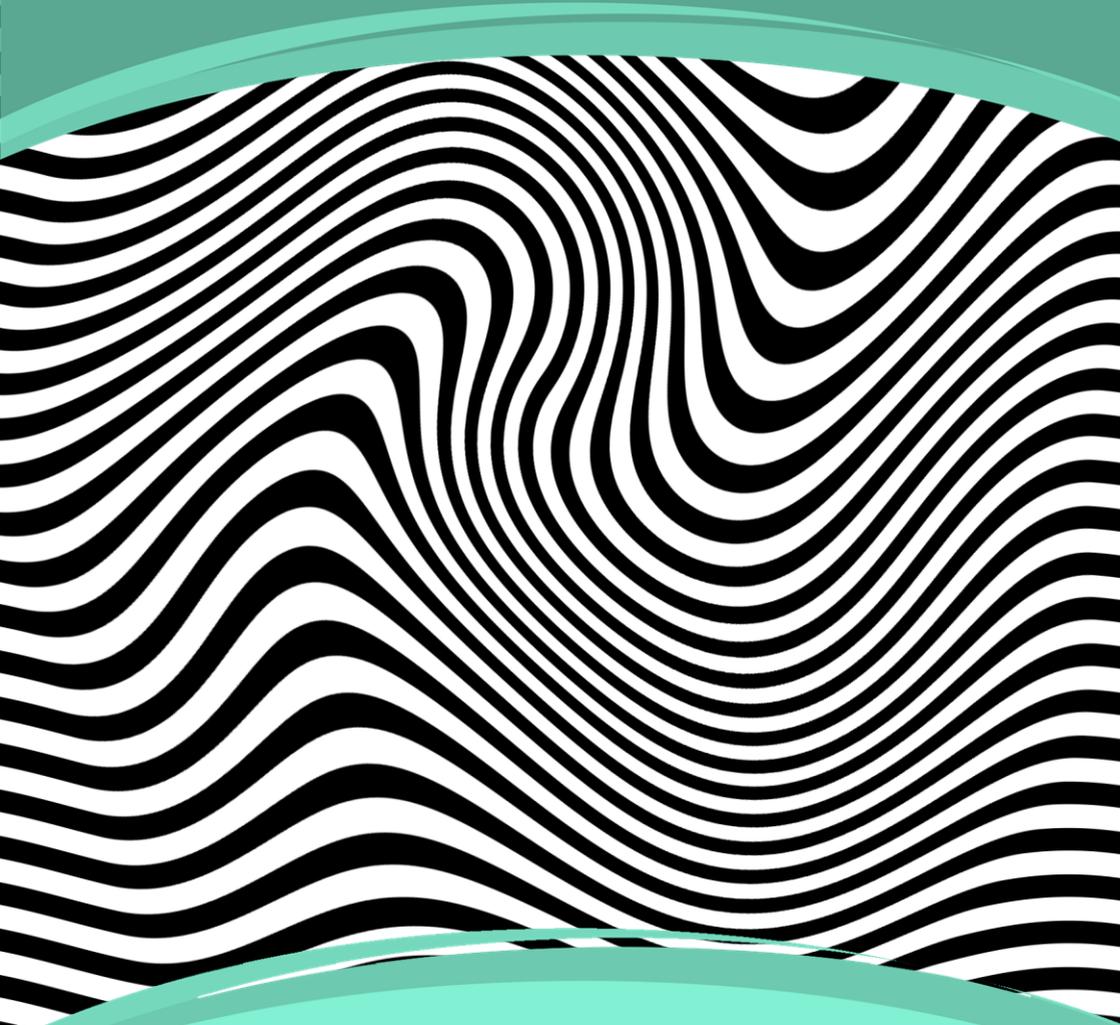


CENTRE FOR HEARING AND EAR IMPLANTS

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# Hearing Loss and Dizziness



Singapore  
General Hospital  
SingHealth

## **WHAT IS DIZZINESS?**

Dizziness is a sensation of imbalance or unsteadiness. It may occur in acute or sharp attacks lasting only seconds or sometimes for several hours.

This condition may be triggered or worsened by rapid head movements, turning too quickly, walking or riding.

## **HEARING LOSS AND DIZZINESS**

Our ears are involved in more than just hearing, they also help us to maintain our balance. As a result, certain disorders of the inner ear can lead to balance problems in people suffering from hearing loss.

## **WHAT ARE THE SYMPTOMS?**

- Lightheadedness or feeling faint
- Unsteadiness or loss of balance
- A feeling of floating, wooziness or heavy-headedness
- Tilted head
- Headaches
- Vision problems
- Nausea
- Ringing in the ears (tinnitus)

## **WHEN SHOULD YOU SEE A DOCTOR?**

You should see a doctor if you experience any recurrent, sudden, severe, or prolonged and unexplained dizziness or vertigo.

Get emergency medical care if you experience new, severe dizziness or vertigo along with any of the following:

- Sudden, severe headache
- Chest pain
- Difficulty breathing
- Numbness or paralysis of arms or legs
- Fainting
- Double vision
- Rapid or irregular heartbeat
- Confusion or slurred speech
- Stumbling or difficulty walking
- Ongoing vomiting
- Seizures
- A sudden change in hearing
- Facial numbness or weakness

## WHAT CAN YOU EXPECT?

Your doctor may refer you to a specialist with an interest in balance disorders in the hospital for a comprehensive diagnostic test.

The specialist will conduct or refer you for various assessments which may include:

- Hearing test
- Balance test
- Eye movement testing
- Head movement testing
- Other related tests (E.g. MRI, blood test, etc.)



## TREATMENT

Some dizziness conditions may get better on their own. Within a couple of weeks, the body usually adapts to whatever is causing it.

When you seek treatment, your doctor will base it on the cause of your condition and your symptoms. It may include medication and balance exercises.

Even if no cause is found or if your dizziness persists, prescription drugs and other treatments may make your symptoms more manageable.





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