

Benign Positional Vertigo: An Essential Guide to Coping With and Treating BPPV

Ellen Wilcox

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Benign Positional Vertigo: An Essential Guide to Coping With and Treating BPPV Ellen Wilcox Benign Positional Vertigo (BPV) or Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo. It causes mild to intense dizziness as a result of a disturbance in the inner ear. Although this condition is far from serious and shouldn't be a cause for tremendous worry, it still must be dealt with and mitigated because it can be quite burdensome and uncomfortable. How does BPV develop in a person? Did this come as a genetic gift from your parents? And will you pass it on to your children? How is the condition diagnosed? Can it be treated by medication? If so, which kinds? What can be done to manage BPV? Will a doctor recommend therapy or surgery? These are but few of the questions you will surely want answered if you suspect you have BPV. Throughout this book, I will answer all these questions and more. While it is not my intention to dispense medical advice (that's your doctor's job, and you should see him/her right away if you suspect any potentially serious medical issues), it is my belief that I can help you better understand exactly what this condition involves, including details on possible treatment options, in an easy-tounderstand format.



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