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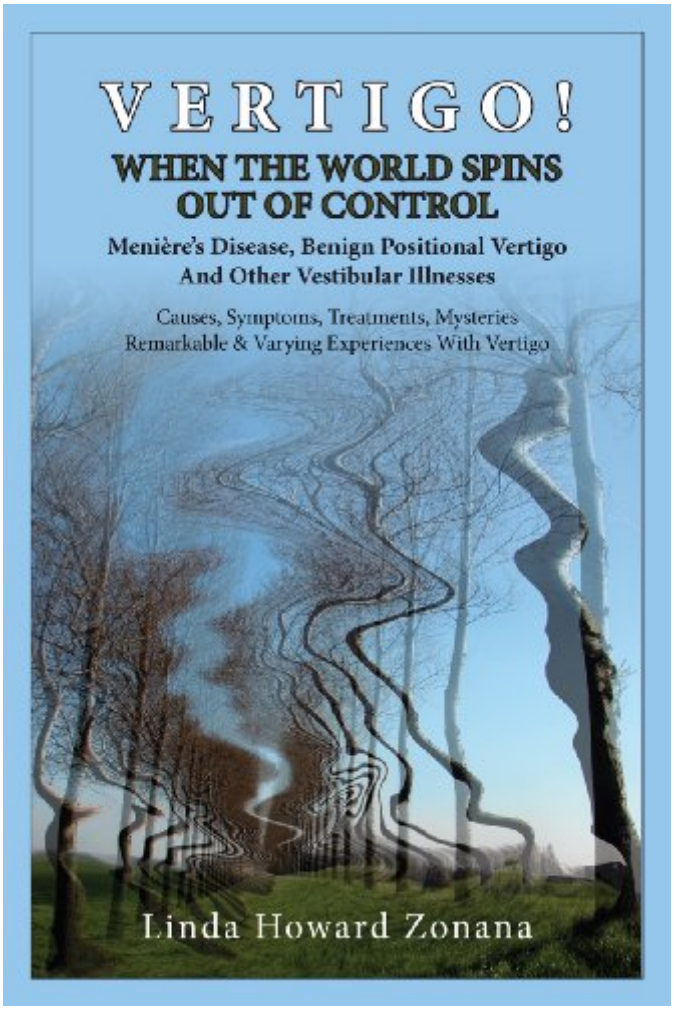
Vertigo! When The World Spins Out Of Control



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Synopsis

This book is about â œvestibularâ • illnesses â “ those that arise in the inner ear and precipitate the sickening experiences of vertigo and imbalance, usually without warning. There are not many books on vertigo written for the general public, and the writer saw a need for one that offered not only detailed information concerning these diseases, but an exploration of the vertigo experience itself, and of the problems that can occur in searching for effective therapy and a sense of understanding. The book is unique in that more than fifty people were interviewed in order to provide a good look at a variety of real life experiences. Many of their stories are threaded through the text as examples. Included are chapters on the psychological effects of illness, challenges encountered in seeking help, conventional and unconventional treatments, anatomy and functioning of the ear, as well as a history of the development of a scientific understanding of vertigo. The book does not recommend any specific solutions, but rather seeks to provide some understanding of these illnesses and their ramifications, as well as options for coping with them. The sections of the book devoted to strictly medical information were reviewed by an experienced otolaryngologist. Comments by Madelon Baranoski, PhD, Associate Professor, Department of Psychiatry, Yale University:â œThis is an informative and entirely readable book on vertigo. The author weaves her own experiences, accounts from others who suffer from the disorder, and anatomy, physiology, and treatment information into a coherent discourse on the human experience of â ˆthe world spinning out of control.â ™ Personally, the book has helped me understand my motherâ ™s bouts of benign positional vertigo. Reading it with me, Mom felt less isolated in her struggle with the unpredictable enveloping dizziness and I felt a new connection with her. We both felt less helpless. There is nothing like this book in the medical or popular press; I enthusiastically recommend it to family, friends, physicians and therapists of people with vertigo. It is an empathic, comprehensive, and well-written window into a very perplexing disorder.â •

Book Information

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Customer Reviews

I highly recommend this book to anyone who experiences Vertigo or is close to someone who does. Iâ ™d also suggest it as required reading for all physicians and health practitioners who treat vertigo. The book is wide in scope, including technical/medical information along with personal experiences drawn from over fifty interviews and different approaches to treatment. It is well written and easy to read, enlivened by a memoir style. Her approach is one of a researcher, drawing helpful information from a wide variety of sources and personal experiences, to illustrate the often confusing variety of symptoms, the successes and failures of differing approaches to treatment and ways of coping with the emotional challenges. The author strives to present issues in the clearest, least biased and most helpful way. In keeping with the spirit of the book, I should mention that I am the authorâ ™s sister. I have recently had some bouts of vertigo myself and was lucky to have her knowledgeable and helpful advice.

For anyone who has symptoms of vertigo or Meniere’s disease and has not been helped by their physicians, this book could make a big difference. In it they will find a host of treatments tried by the 52 subjects who have been carefully interviewed. Some of the treatments worked well; others didn’t. The descriptions of these treatments (a very well written, interesting catalogue) may be a guide to other approaches to try if your doctors have said they can’t help much.I believe there should be a book like this for every illness, so that those afflicted can understand what others have experienced and tried, successfully or not. It’s hard for even the best doctors to know about all the possibilities , especially when the disease-- unlike heart disease or cancer-- hasn’t been the subject of much research, which seems often to be the case. Ms. Zonana’s carefully researched book can help readers figure out questions to ask and avenues to explore, in conjunction with internet research.

Their physicians may thus be prompted to do a little extra investigating themselves. Kudos to Ms. Zonana!

Six years ago, at age 68, I had my first of four attacks of vertigo. Upon waking up one morning I found the room swimming around me, I couldn't sit up or move, and started to vomit uncontrollably. My husband and I were really scared that something dreadful was happening to me. As the ambulance crew took me out of the house I remember thinking I might never come back. Over the next few years I had three more attacks. Eventually, after numerous tests and exams, it was confirmed that I had Benign Paroxysmal Positional Vertigo, and I learned that there was an easy and cheap remedy, the Epley Maneuver which I could learn to do myself. I was one of the lucky ones. I also learned that dizziness is a common experience especially for those over 65 and it has many causes though BPPV is the most likely.. At the time I was amazed at how little information there was available, and that many health care professionals knew so little about BPPV or about the other, more intractable disorders such as Menieres disease.This book is most informative. The author has done her research well and talked to many experts. The scientific information is clearly presented and understandable, and she includes an excellent glossary. She lists a number of useful resources, and shares tips about how to manage the symptoms. Most important in describing the experience of fifty fellow sufferers, Zonana helps validate the range of emotions--fear, confusion, helplessness and frustration --they and their families and friends go through.I wish I had had this book available at the time of my first attack. All primary care health professionals and relevant specialists should read it, and recommend it to their patients. Theodora, Bethesda MD

As a sufferer of vertigo I found this book particularly interesting, and well researched. I read it in 2 sittings! It gives an in depth view of the types of conditions that can cause vertigo as well as some ideas for treatment. The author also includes personal stories from her own experience, as well as others. I found the descriptions of the symptoms to be very helpful, and I felt I could identify with them. The book is slightly slanted more towards dealing with Meneiere's Disease. whereas I suffer from BPPV. I highly recommend this book if you suffer from vertigo, or you know someone who does. Either way it will give you great insight into this horrible affliction.

This book was really interesting + nice to see how differently vertigo can affect people. It's nice to hear from a first hand experience. I disagree with another reviewer's comment who said it was written poorly. Vertigo can be such a strange sensation and come in so many different forms that it

can be hard to communicate what you are experiencing + I thought the author did a good job.I myself, am suffering from cervical vertigo. I have been through a myriad of doctors and medical tests only to be told "there's nothing more we can do for you" over and over again. So, I was disappointed that the book does not cover this form of vertigo, as I feel I am still largely in the dark and alone in my misery. If the author ever decides to make a 2nd edition, please consider covering this topic! It would be so helpful!

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