

Vertigo and Dizziness

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Vertigo and Dizziness

Common Complaints

 Springer

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British Library Cataloguing in Publication Data
Brandt, Thomas

Vertigo and dizziness : common complaints
1. Dizziness
I. Title II. Dieterich, Marianne III. Strupp, Michael
616.8'41
ISBN 1852338148

Library of Congress Cataloging-in-Publication Data

Brandt, Thomas, 1943–
Vertigo and dizziness : common complaints / Thomas Brandt, Marianne
Dieterich, Michael Strupp.

p. cm.
Includes bibliographical references and index.
ISBN 1-85233-814-8 (alk. paper)
1. Vertigo. 2. Dizziness. I. Dieterich, Marianne. II. Strupp, Michael.
III. Title.

RB150.V4B729 2004
616.8'41–dc22
2004048185

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ISBN 1-85233-814-8 Springer-Verlag London Berlin Heidelberg
Springer-Verlag is part of Springer Science+Business Media
Springeronline.com

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Printed in the United States of America

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Typeset by SNP Best-set Typesetter Ltd., Hong Kong
28/3830-543210 Printed on acid-free paper SPIN 10943960

Preface

There are three convincing arguments why it is important to learn about the management of vertigo:

- After headache, it is the second most common complaint of patients, not only in neurology and ENT departments.
- Most syndromes of vertigo can be correctly diagnosed only by means of a careful medical history and physical examination of the patient.
- The majority of these cases have a benign cause, take a favourable natural course, and respond positively to therapy.

Vertigo and dizziness are not disease entities, but rather unspecific syndromes consisting of various disorders with different causes. For this reason, our clinically oriented book is for physicians of different specialisations who treat patients with vertigo and for medical students. To make the book easy to use, we have provided an overview of the most important syndromes of vertigo and dizziness, each with elucidating clinical descriptions and illustrations.

A general chapter deals with how the vestibular system functions, its disorders, the pathophysiological mechanisms involved, diagnostic signs, history taking, examination procedures, laboratory diagnostics and principles of therapy. The most important clinical syndromes of vertigo are treated in individual chapters organised as follows: patient medical history, clinical aspects and natural course, pathophysiology and principles of therapy, pragmatic therapy, ineffective treatments, as well as differential diagnosis and clinical problems. We have put special emphasis on the various drug, physical, operative or psychotherapeutic treatments available. The book is based on the common experience that we have accumulated over many years working in a multi-

regional referral center for dizziness outpatients. Many parts of the text, tables and figures are updated versions of those in a considerably more detailed monograph on the clinical and scientific aspects of vertigo (Brandt T. *Vertigo: its multisensory syndromes*, 2nd ed. Springer, London, 1999). The accompanying DVD presents typical case histories, results of examinations for the individual syndromes, physical examination techniques and laboratory diagnostics. The book is oriented to daily medical practice, and we hope that it will prove helpful by providing readily accessible information. The whole field of vertigo and dizziness, imbalance and eye movement disorders has been considered extremely difficult because of the variety of its manifestations and its resistance to compartmentalisation. We hope that we have succeeded in making these syndromes more understandable by using clear, anatomical categories and clinical classifications.

We would especially like to express our thanks to the neuro-orthoptists Miriam Glaser, Cornelia Karch and Nicole Rettinger for compiling the videos. Our appreciation also to Ms Judy Benson for copyediting the text and to Dr. Steven Russell for carefully reading the manuscript. We also thank Ms Sabine Eßer for designing the graphics and Ms Melissa Morton and Eva Senior of Springer-Verlag London for cooperating on the production of this book in such a pleasant and efficient manner. The German edition of the book, "Vertigo-Leitsymptom Schwindel" by T. Brandt, M. Dieterich and M. Strupp, was published by Steinkopff-Verlag in 2004.

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