

Living Well

Steps to LivingWell™

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Have you ever felt dizzy, lightheaded, or as if the room were spinning around you? These can be very troublesome sensations. If the feeling happens often, it could be a sign of a balance problem. Balance problems are among the most common reasons that older adults seek help from a doctor. Good balance is important to help you get around, stay independent, and carry out daily activities.

Having good balance means being able to control and maintain your body's position, whether you are moving or remaining still. An integral sense of balance helps you:

- walk without staggering
- get up from a chair without falling
- climb stairs without tripping
- bend over without falling

As you get older, many people experience problems with their sense of balance. They feel dizzy or unsteady; as if they or their surroundings were in motion. Disturbances of the inner ear are a common cause.

The part of the inner ear responsible for balance is the labyrinth. To maintain your body's position, the labyrinth interacts with other systems in the body, such as the eyes, bones and joints.

There are many ways to treat balance disorders. Treatment varies depending on the cause. See your doctor if you are experiencing dizziness, vertigo, or other problems with your balance.

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