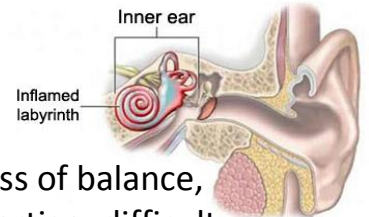


Labyrinthitis

What is it?

- **Labyrinthitis** – an ear disorder that involves swelling and irritation of the inner ear, difficulty focusing the eyes because of involuntary eye/vertigo
 - **Prognosis**- severe symptoms usually go away in a week, completely better in 2 to 3 months, in older patients the dizziness usually lasts, hearing usually returns to normal



Signs and Symptoms:

- **Symptoms**- nausea, vomiting, ringing in the ears/tinnitus, loss of balance, hearing loss in one ear, abnormal sensation of movement/vertigo, difficulty focusing the eyes because of involuntary eye movements, dizziness, back pain, neck pain, ear pain, fatigue, headache, inflammation

Recommendations:

- **Always**- be still and rest when symptoms occur, gradually resume activity
- **Avoid**- bright lights, sudden changes



Facts:

- **Caused by**- an ear infection, upper respiratory infection or allergy, cholesteatoma, taking medications that are dangerous to the inner ear.
- **Increase your Risk for Labyrinthitis**- fatigue, history of allergies, smoking, stress, drinking large amounts of alcohol, recent ear infection as well as viral and respiratory; aspirin or nonprescription medications

What can I do?

- **See your Health Care Provider**- if severe vomiting, dizziness, vertigo, double vision, weakness, paralysis, slurring of speech, convulsions, fainting, fever higher than 101°F
 - **Medications**- antihistamines, sedative-hypnotics/Valium, compazine/to control nausea & vomiting, corticosteroids/prednisone
 - **Tests and Diagnosis**- EEG, Head/CT Scan, electronystagmography, evoked auditory potential studies, hearing tests (audiology/audiometry), MRI of the head, warming and cooling the inner ear with water to test the eye reflexes

