Audiology department

Support and resources for dizziness and imbalance

General dizziness and imbalance
This leaflet outlines advice, support and resources available for patients experiencing dizziness and/or imbalance. Your audiologist will try to point you to the information most relevant for your particular case.

Audiology department, Addenbrooke's Hospital
You can contact staff from the vestibular team in the audiology department for general advice and support. However, please note that the audiology staff are unable to reply to patient, parent/guardian or public emails unless we have a signed and completed consent form giving informed agreement to email communication with audiology department staff. We can only provide this form at a hospital appointment.

Address: Box 94, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ
Telephone: 01223 217797
Fax: 01223 586912
Email: audiology@addenbrookes.nhs.uk
Website: http://www.cuh.org.uk/audiology

Patient information leaflets:
Leaflets are available on the following topics in dizziness/imbalance:

- The Balance System
- Vestibular Assessment
- Vestibular Rehabilitation
- Benign Paroxysmal Positional Vertigo (BPPV)
- Home Treatment of BPPV
- Hyperventilation
- Relaxation
- Breathing Control
- Ménière’s Disease
- Mal de Debarquement
- Vestibular migraine

These are available from the audiology department. Alternatively, you can access them online via the hospital website: http://www.cuh.org.uk/addenbrookes-hospital/for-patients/patient-information-and-consent-forms/patient-information-leaflets ... and filter for audiology.
Patient Information

Ear, Nose and Throat department, Addenbrooke's Hospital
You can contact staff from the ENT department for general advice and support. They can also provide contact for the neurotology and skull base surgery unit and the NF2 service.
Address: Box 48, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ
Telephone: 01223 217588
Fax: 01223 217559

NHS Choices
This website provides general information on various health conditions.
Website: [http://www.nhs.uk/conditions/pages/hub.aspx](http://www.nhs.uk/conditions/pages/hub.aspx)

Chicago Dizziness and Hearing
This website provides information about a variety of dizziness and balance disorders from an American perspective.
Website: [http://www.dizziness-and-balance.com](http://www.dizziness-and-balance.com)

VEDA (Vestibular Disorders Association, America)
This organisation provides diagnosis and treatment information regarding dizziness and balance disorders.
Website: [http://www.vestibular.org](http://www.vestibular.org)

Specific conditions & patient support groups

Mal de Debarquement syndrome:
Mal de Debarquement syndrome is a rare balance disorder that most often develops following travel by boat, or following a motion experience. Sufferers have a constant feeling that they have just got off a boat that persists beyond a few days. The following websites provide information on the syndrome.
Website: [http://www.mdds.org.uk](http://www.mdds.org.uk)
Website: [http://www.mddsfoundation.org](http://www.mddsfoundation.org)

Vestibular Schwannoma / Acoustic Neuroma:
AMNET
This is a national support group for acoustic neuroma or meningioma patients based locally at Addenbrooke's Hospital. Some patients with these conditions experience dizziness and/or imbalance.
Website: [http://www.amnet-charity.org.uk](http://www.amnet-charity.org.uk)

Hyperventilation syndrome:
Some patients can feel dizzy because they are over-breathing. This short book talks about the syndrome using straightforward language.
ISBN: 0857830295
Ménière’s disease
The Ménière’s Society was founded in 1984 to support people with Ménière’s Disease and those who care for them. Sufferers usually have dizziness, tinnitus, hearing loss and fullness in the ear.
Address: The Ménière's Society, The Rookery, Surrey Hills Business Park, Wotton, Dorking, Surrey, RH5 6QT, UK
Website: http://www.menieres.org.uk
Telephone: 01306 876883
Local groups are available.

Neurofibromatosis type 2 (NF2)
Information and support regarding this rare condition which has a significant impact on hearing and balance.
http://www.nfauk.org/what-is-neurofibromatosis/nf-type-2/
support group: https://canyouhearus.co.uk

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:
If you would like this information in another language, large print or audio please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.
Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department which has authored the leaflet.

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