

Balance & Dizziness

Q. I have had sinus headaches all my life. Recently, the headaches have been worse and I have been having dizziness too. After asking me some questions, the doctor said that both the headache and the dizziness are due to migraine! How can this be?

A. Research has shown that over 80% of the time what people describe as 'sinus headache' is actually migraine. Headache is just one of the possible symptoms a migraine sufferer can experience. In fact, some migraine patients don't have headache at all. Other symptoms include dizziness, nausea, visual changes, and oversensitivity to ordinary things like light, sound or movement. Migraine tends to run in families. Migraine symptoms can be triggered by weather changes, hormone changes, certain foods, fatigue



Tom Boismier, MPH
Director of ENT Balance

and stress.

Migraine is diagnosed by listening to your description and ruling out other possibilities. Migraine is one of the more common causes of dizziness. Fortunately, there is a wide menu of treatment options available to control the symptoms of migraine. When symptoms occur frequently, daily preventative medications are often recommended.



**EAR, NOSE & THROAT
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Balance

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