**COPING WITH DIZZY SPELLS**

Many people experience dizziness. You might feel giddy, off-balance, light-headed or faint, or as if you or things around you are spinning (vertigo). It isn’t usually serious and often goes away on its own.

But it would be best to see a GP if:

* you’re worried about it, or it won’t go away or keeps coming back
* you’re finding it harder to hear, or have ringing or other sounds in your ears
* you have changes in your eyesight such as double or blurred vision
* your face, arms or legs feel numb
* you have other symptoms like fainting, headaches or being sick.

Low blood pressure and some medication can cause dizziness. Other possible causes are:

* ear infection or inner ear problems
* low blood sugar, maybe linked to diabetes
* motion sickness
* migraine
* dehydration or heat exhaustion
* stress or anxiety
* iron deficiency anaemia
* decreased blood flow to the brain.

If you’re feeling dizzy it’s a good idea to lie down with a pillow under your head until it passes, then get up slowly and carefully. Drinking plenty of fluids and avoiding coffee, cigarettes, alcohol and drugs can help too.

And if you’re prone to dizzy spells, it’s best to avoid anything that could be dangerous like driving, cycling, climbing a ladder or using heavy machinery.

*Sent by Drs Virmani and Bedi’s patient participation group*