



Hearing and Balance Centre  
www.hearingandbalancecentre.com

---

## The ear is most common cause of balance disorders

### Dizzy / Vertigo Questionnaire

	Yes	No
A feeling of motion, spinning, or falling when moving your head quickly, or changing your position, e.g. getting in and out of bed ?	<input type="checkbox"/>	<input type="checkbox"/>
Uncomfortable trying to get around in the dark ?	<input type="checkbox"/>	<input type="checkbox"/>
Walking down grocery store aisles or through the mall in upsetting ?	<input type="checkbox"/>	<input type="checkbox"/>
Your feet just won't go where you want them to ?	<input type="checkbox"/>	<input type="checkbox"/>
A sense of unsteadiness ? A feeling you are not sure-footed ?	<input type="checkbox"/>	<input type="checkbox"/>
A fear of falling or stumbling ?	<input type="checkbox"/>	<input type="checkbox"/>
Looking at moving objects such as escalators or looking out the side of a car makes you queasy ?	<input type="checkbox"/>	<input type="checkbox"/>
Difficulties keeping your balance as you walk on different surfaces, e.g. tile to carpet ?	<input type="checkbox"/>	<input type="checkbox"/>
A feeling like you are drifting or being pulled to one side when walking ?	<input type="checkbox"/>	<input type="checkbox"/>
A feeling that others do not understand your symptoms of imbalance or dizziness ?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered YES to one or more of these questions, ask your doctor for full vestibular assessment.