

DIZZINESS – CAUSE, TREATMENT

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Abstract: Everyone, regardless of their age, can experience dizziness. However, older people are more likely to suffer from this condition. Gradually, with age, a person begins to fear vertigo as a state of loss of control over the location of his body in space, which reduces his quality of life, affects the ability to make social contacts, and the ability to move independently. limits. Finally, dizziness in old age poses a certain risk: falls in the presence of osteoporosis and other age-related diseases promise serious injuries and require a long period of rehabilitation.

DIZZINESS IN WOMEN

Dizziness is more common in women than in men. The most common causes of dizziness in women are hormonal fluctuations during menstruation and pregnancy, as well as changes in the hormonal balance during menopause. Sometimes, episodic dizziness is not harmful to health. But if they happen often, then you need to find out what is causing the dizziness and how to solve it so that you do not end up in the hospital because of this problem.

Dizziness in women may not be due to hormonal reasons. In this case, it can be a symptom of nervous tension or many other diseases, including:

Migraine;

Inflammation of the inner ear (otitis);

Osteochondrosis;

Diseases affecting the spinal cord;

Epilepsy;

Brain tumors and others.

Another group of risk factors that can cause dizziness in women is the wrong lifestyle. This concept covers the most different aspects of a woman's life.

For example, chronic lack of sleep leads to physical and emotional exhaustion of the body, which can cause dizziness against the background of nervous system diseases.

If a sedentary lifestyle and a lack of physical activity continue for a long time, this situation has a negative effect on the state of the cardiovascular system of a woman, which in turn can cause dizziness during activities that require a certain amount of effort. .

Stress, nervous tension, taking an exam, public speaking, or even anxiety before a meeting can eventually become a potential cause of dizziness. In this case, psychologists recommend mastering autogenic training skills to learn to cope with stressful situations.

And finally, women's vestibular system is on average less developed than men's. Flying in attractions, traveling in some types of transport can cause dizziness in women. In extreme cases, even looking at the swing of a simple swing can cause this unpleasant symptom.

IN PREGNANT WOMEN

As mentioned above, dizziness during pregnancy is not rare. Many expectant mothers suffer from this discomfort, and the degree of dizziness is very individual: for some it causes a little discomfort and passes, while for others it can eventually cause fainting. According to statistics, dizziness during pregnancy is mainly experienced by women who faced this problem even before pregnancy.

Dizziness is often one of the symptoms of toxicosis. This problem is not so dangerous as, for example, vomiting, and in most cases it comes together with toxicosis in the second trimester of pregnancy.

If the head rarely turns and it does not cause any negative consequences, pregnant women should not worry about it. During pregnancy, the hormonal balance of the body changes radically. In addition, the mother's circulatory system is under significant stress and cannot always withstand environmental influences.

Pregnant women are also more prone to sudden changes in body position and to bouts of nausea and light-headedness in stuffy rooms.

If dizziness is accompanied by weakness, incoordination, unexplained drowsiness and unexplained fainting, it is recommended to see a doctor.

If the head is very dizzy, the diseases that can cause it are the following:

diabetes mellitus;

Anemia;

Allergy.



Dizziness in children is often associated with disorders of the nervous system. The most common cases are:

Good-quality paroxysmal vertigo (YPB);

Migraine;

Complex partial seizures.

Both boys and girls of 1-3 years of age can suffer from YPB with equal probability. Doctors cannot clearly distinguish the factors that cause dizziness, but in most cases it is determined that some relatives of a young patient suffer from migraine. A YPB attack lasts from a few seconds to a few minutes. The number of attacks rarely exceeds 1-4 times a month.

During an attack, the child may turn pale, fall down, and sweat profusely. Often, nystagmus is a frequent movement of the eye that the patient cannot control. Children rarely complain of nausea and vomiting.

It is worth noting that despite all the signs mentioned above, the child usually does not lose consciousness during dizziness, but parents who are afraid of the first attack can emphasize the opposite.

Unfortunately, it is almost impossible for children of this age to clearly describe their condition in the case of YPB, because at this time their speech is not sufficiently developed. However, a vigilant parent may notice a number of characteristic signs:

When a child has dizziness, during an attack he tries to grab something;

Sometimes he tries to keep his head in one unusual position.

References:

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