# Research Studies That Associate Dizziness and Falls

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## Fact Sheet

Falls can be a common problem in persons with dizziness, especially with an underlying vestibular dysfunction. Many studies have examined risk factors for falls in the adult population.[1-7] The Table depicts the significant association seen between vestibular dysfunction, dizziness, and falling.

| Study Design & Objective Summary | Outcome Summary |
|---|---|
| Cross sectional surveys and a measurement of vestibular function were used to determine the effects of vestibular dysfunction and dizziness on falls | **Participants with a vestibular dysfunction and self reported dizziness were 12 times more likely to fall. Participants with vestibular dysfunction alone were also shown be at a higher risk for falling.[1]** |
| Prospective cohort study to determine intrinsic predictors of falls in community dwelling subjects | **An increased risk of falls and recurrent falls were seen in subjects reporting dizziness.[2]** |
| Prospective study examined intrinsic risk factors for falls and recurring falls | **Dizziness upon standing was associated with falls and recurrent falls.[3]** |
| Prospective clinical study examined the incidence of falls in patients with vestibular dysfunction | **Patients with bilateral vestibular dysfunction were shown to have a significant increase in falls when compared to the general population.[4]** |
| Transversal descriptive analytic study was used to examine the cause of falls in the elderly | **Dizziness and vertigo were found to be the leading cause of falls. Researchers also found that individuals who fell because of dizziness and vertigo were more likely to fall two or more times, vs. experience a single fall.[5]** |
| Population-based prospective cohort study aimed to determine adverse effects of chronic dizziness | **People who were chronically dizzy were found to be at an increased risk of falling.[6]** |
| Interviews were used to determine fall frequency and risk factors in community dwelling elderly | **Individuals reporting dizziness were found to be twice as likely to fall.[7]** |

If vestibular dysfunction is the known cause of dizziness, vestibular rehabilitation with a qualified physical therapist can be offered to decrease patient symptoms, increase balance control, and decrease risk for falls. [8-10]

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VESTIBULAR REHABILITATION SPECIAL INTEREST GROUP

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