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min.net-2020-10-19T00:00:00+00:01 Sub-
ject: Persistent Lightheadedness Manual
Guide Keywords: persistent, lightheaded-
ness, manual, guide Created Date:
10/19/2020 11:26:42 PM

Lightheadedness can occur in distinct episodes, or it can be persistent, and it can be very mild or quite severe. Severe lightheadedness may be accompanied by other symptoms such as sweating, feeling overheated, buzzing in the ears, partial blindness (especially feeling as if you are looking through a tunnel), nausea or vomiting. do not get up suddenly after sitting or ly-

ing down. do not do anything that could be dangerous while you're dizzy, like driving, climbing a ladder or using heavy machinery. do not lie totally flat if you feel like things are spinning.

Common reasons for lightheadedness include: Dehydration. Medication side effects. Sudden drop in blood pressure. Low blood sugar. Alcohol and many prescription and non-prescription medicines can cause lightheadedness. These problems may develop from: Taking too much of a medicine (overmedicating). Alcohol and medicine interactions.

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An unfortunate reaction in society is anytime there is some type of pain or chronic condition, the automatic reflex is to assume it is cancer. Although intracranial tumors would cause constant lightheadedness, there are many more common things to consider before we get to this category. A mass in the brain will increase the intracranial pressure and lead to constant headaches, lightheadedness and then neurological changes if the mass grows unopposed and undetected.

Persistent postural-perceptual dizziness (PPPD): a common ...

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ly older patients, have more difficulty. Dizziness and Vertigo - Merck Manuals Professional Edition

turn on the lights if you get up at night. use a walking stick if you're at risk of falling. sleep with your head slightly raised on 2 or more pillows. get out of bed slowly and sit on the edge of the bed for a while before standing up. try to relax - anxiety can make vertigo worse.

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