

# Overcoming BPPV: A New Home Treatment Option

For Robert, a 54 year old sales executive, effective treatment for his Benign Paroxysmal Positional Vertigo (BPPV) was a long time in coming. His story, typical of those who suffer from BPPV, shows how frustrating this treatable, recurrent condition can be for patients and physicians, and highlights the need for improved access to the right treatment. Robert is one of the lucky 8% of BPPV sufferers who is, at last, receiving appropriate treatment.

Like 15% of BPPV sufferers, Robert developed his condition following a motor vehicle collision, however many others with BPPV never find a cause. He tried multiple medications to treat his recurrent attacks of dizziness before the correct diagnosis was made a full 8 years later. During this time, the attacks became more and more disabling and he was forced to temporarily quit his job. Finally, a physician tried the Epley manoeuvre and he dramatically improved -- for awhile. Unfortunately Robert discovered, first hand, that BPPV was recurrent even after successful treatment. Now, he is familiar with the short lived vertigo and avoids the positions which bring it on. However, each time the dizziness returns, he must wait to see a specialist, or pay to see a physiotherapist. The delay in treatment and unnecessary suffering is particularly frustrating since BPPV can be so effectively treated with the correct manoeuvres at home.

In BPPV, normal particles called "otoconia" collect within the endolymphatic fluid in the semi-circular

canals where they confuse the balance organ, leading to vertigo. It is thought that the Epley manoeuvre moves these particles from the canals back into the saccule where they lie are less problematic. This manoeuvre is a permanent fix only in some case. Certain individuals may only have a few loose otoconia which take longer to recollect and cause symptoms. In Robert's case, his prior trauma predisposed him to rapid and frequent recurrence of BPPV.

Recurrent BPPV is a difficult problem for the health care system. Attacks occur unexpectedly and, ideally, should be promptly treated. Each visit from a patient with recurrent BPPV lengthens the waiting lists for otolaryngologists and other specialists who treat vertigo. It would be preferable for patients with an established diagnosis of BPPV to treat recurrences at home. The Epley manoeuvre is relatively straightforward to perform with brief training, but unfortunately it requires careful positioning and timing which is sometimes difficult for patients to remember accurately. In clinical trials, most failures of home treatment have been due to the manoeuvre being incorrectly performed. However, a simple visual feedback device is available to assist with the performance of the Epley manoeuvre. The DizzyFIX is the only BPPV treatment device which carries a CE mark and is cleared by the US FDA.

Direct visual feedback makes the Epley manoeuvre simple, and intuitive. The DizzyFIX is a specially shaped fluid-filled tube, mounted onto a hat, which contains a brightly coloured particle. The tube is designed so that either left or right sided BPPV can be treated. The tube, fluid and particle are designed to simulate the otoconia within the posterior vestibular canal. In order to successfully cause the particle to move through the device from one end to the other a correct Epley manoeuvre must be performed. During the manoeuvre the device provides intuitive visual feedback to the user.

In the latest university clinical trial of the DizzyFIX, 88% of BPPV patients were able to successfully treat their own previously diagnosed BPPV at home by performing the Epley manoeuvre using only the DizzyFIX as a guide. This is comparable to the success rate of physician treated BPPV.

Robert has been using the DizzyFIX for several months now. For him, the most important part is that he feels he has gained some control over his disease. If he suffers an attack, he can reach for the device and treat his vertigo within minutes, and go on with his life again. Perhaps in future, the DizzyFIX can make a distant memory of stories of prolonged suffering like Robert's.



The DizzyFIX is an FDA cleared medical device that helps anyone easily treat vertigo due to BPPV.



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