Management of Dizziness in Ataxia

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Dizziness

- Light-headed near-faint dizziness
- Floating, swimming, rocking sensation
- Medication-related dizziness
- Vertigo
- Disequilibrium

Onset?
Intermittent vs. continuous?
Triggers?
Causes of Dizziness in Ataxia

- **Cerebellar**
- Peripheral vestibular
- Sensory
- Autonomic

- Abnormal eye movement
- Gait instability with risk for falls

- **Vascular**
- **Neoplastic**
- **Infectious**
- **Metabolic/nutritional**
- **Degenerative**
- **Congenital/hereditary**
Management of Dizziness in Ataxia

• Correct diagnosis
• Correct drug with appropriate dosage and duration and minimize side effects
• Gait training- PT
• Fall prevention- PT/OT
Associated Sxs & Rxs

• **Oscillopsia**- involuntary jerky eye movement (nystagmus: vertical, gaze-evoked) making everything jump up and down or from side to side

• **Nausea/vomiting**

• **Vague feeling of unsteadiness**

Memantine
Gabapentin
Baclofen
4-aminopyridine

Short-term antiemetics;
Avoid long-term benzodiazepines

Tricyclic antidepressants
SSRIs