

Dizziness/ Light-headedness/ Episodes of Loss of Balance

Remember that Dead Or Alive song, “You spin me right round, baby right round, like a record baby, right round round round.”? It makes me dizzy even just thinking about it!

Dizziness in menopause is usually caused by the fluctuation of hormones throwing off your bodies balance. The feeling of dizziness and or light-headed is also often referred to as vertigo. It can cause you to lose your balance, experience nausea and possibly even headaches. Dizziness can occur out of nowhere and while it usually passes within a few minutes it can be disruptive to your daily life.

If you encounter dizzy spells, it may be helpful to lay down for a few minutes and cover your eyes. Also, be sure that you are drinking enough water, exercising regularly and eating a balanced and healthy diet.

Many times dizziness may also come from an inner ear fluid imbalance, a cardiovascular disruption, or possibly from eyesight issues. Light-headedness can also be brought on by a variety of different issues like dehydration or even just standing up too fast. If you experience dizziness or light-headedness for an ongoing period of time or if it is accompanied by other troubling symptoms such as fever, fainting, changes in vision, trouble breathing, etc... you should contact a doctor asap.