



# Benign Positional Vertigo: An Essential Guide to Coping With and Treating BPPV

*Ellen Wilcox*

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# Benign Positional Vertigo: An Essential Guide to Coping With and Treating BPPV

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**If you want to better understand Benign Positional Vertigo and learn how to combat this condition, then this book is for you!**

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Benign Positional Vertigo (BPV) or Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo. It causes mild to intense dizziness as a result of a disturbance in the inner ear. Although this condition is far from serious and shouldn't be a cause for tremendous worry, it still must be dealt with and mitigated because it can be quite burdensome and uncomfortable.

How does BPV develop in a person? Did this come as a genetic gift from your parents? And will you pass it on to your children? How is the condition diagnosed? Can it be treated by medication? If so, which kinds? What can be done to manage BPV? Will a doctor recommend therapy or surgery? These are but few of the questions you will surely want answered if you suspect you have BPV. Throughout this book, I will answer all these questions and more. While it is not my intention to dispense medical advice (that's your doctor's job, and you should see him/her right away if you suspect any potentially serious medical issues), it is my belief that I can help you better understand exactly what this condition involves, including details on possible treatment options, in an easy-to-understand format.

## Here Is A Preview Of What You'll Learn...

- The Causes and Symptoms of Benign Positional Vertigo
- Different Diagnostic Tests for BPV and How to Prepare
- Various Medical Treatment Options
- Home Remedies and Management Techniques for BPV
- How to Ease Episodes and Prevent Recurrence
- Important Management Tips
- Much, much more!

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