



The Effects of Other Conditions and Dizziness (Multifactorial Dizziness)

What is Multifactorial Dizziness?

A condition that involves multiple factors, when presenting together cause dizziness and difficulty balancing. It often develops as people get older. Bodily functions that help you stabilize and orient yourself in space don't work as well over time. These functions include your:

Vestibular (balance) organs: Fluid-filled structures in your inner ear, called the vestibular system, help you balance. They sense your movement and the position of your head in relation to the world around you.

Proprioception (joint position sense): Your awareness of your body in space is called proprioception. This awareness of each body part helps you maintain your balance.

Vision: Information about what you see tells your brain about your head and body movements. Visual information also keeps you balanced.

When age or disease damages one or more of these functions, people experience disequilibrium. This condition is also called multifactorial imbalance because it usually has more than one cause.

What conditions contribute to Multifactorial Dizziness?

Some medical conditions have similar symptoms. This makes it difficult to distinguish between them. When conditions overlap, it is often hard to make an accurate diagnosis. The most common conditions are;

- Poor vision
- Weak muscles
- Poor coordination
- Poor sensation, especially on the feet (peripheral neuropathy)
- Impaired proprioception
- Medications, particularly those that are sedating or lower blood pressure
- Age

What are typical symptoms Multifactorial Dizziness?

The symptoms differ from individual to individual however the most common ones are:

- Dizziness
- Feeling like you're about to fall
- Lack of coordination
- Light-headedness
- Loss of balance
- Unsteadiness when standing and walking
- Vertigo (feeling like you or your environment is spinning)

What are the causes of Multifactorial Dizziness?

Over time, your body gradually experiences wear and tear. This damage is part of the normal aging process. There are a number of body changes that can increase the chances of Multifactorial Dizziness;

- Cataracts
- Glaucoma
- Macular degeneration
- Cerebrovascular disease, such as stroke
- Degenerative spine disease, such as spinocerebellar ataxia
- Diabetes
- Head injury
- Multiple sclerosis
- Muscle or tendon weakness
- Osteoarthritis
- Peripheral neuropathy (loss of sensation in the limbs), often from diabetes

Useful links?

<https://stanfordhealthcare.org/medical-conditions/ear-nose-and-throat/disequilibrium-of-aging.html>
<https://balanceanddizziness.org/disorders/multifactorial>

If you have any questions or need further information, please contact The Balance Team
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