

No change seen in frequency of recurrent vertigo attacks over time

September 7 2023, by Lori Solomon



Among people with benign recurrent vertigo (BRV), Meniere disease

(MD), or vestibular migraine (VM) who have persistent vertigo attacks, there is no change in attack frequency over time, according to a study published online Aug. 11 in *Audiology and Neurotology*.

Maarten C. Uijtewaal, from Gelre Hospitals in the Netherlands, and colleagues explored changes in the duration and trigger factors of vertigo attacks in 117 [patients](#) with BRV, MD, or VM followed for three years.

The researchers found that 48.7 percent of patients kept reporting vertigo attacks at one or more follow-ups. Compared with baseline, no diagnosis groups showed significant shortening of attack duration during follow-up. Reports of stress and fatigue as triggers for attacks differed significantly between the three groups at baseline (stress: BRV, 40.9 percent; MD, 62.8 percent; VM, 76.5 percent; $P = 0.005$; fatigue: BRV, 31.0 percent; MD, 48.8 percent; VM, 68.8 percent; $P = 0.003$).

A consistent reduction in stress and [fatigue](#) as triggers was seen in the VM group until the 24- and 30-month follow-up measurements, respectively (odds ratios [ORs], 0.15 to 0.33; P

"Our findings suggest that despite the decrease in the number of patients still experiencing [vertigo](#) attacks in all three diagnosis groups, no shortening of the duration of the attacks was observed in patients who continued to have attacks during the three-year follow-up," the authors write.

More information: Maarten C. Uijtewaal et al, Course of Duration and Trigger Factors of Vertigo Attacks in Patients with Benign Recurrent Vertigo, Menière's Disease, or Vestibular Migraine, *Audiology and Neurotology* (2023). [DOI: 10.1159/000531545](https://doi.org/10.1159/000531545)

Copyright © 2023 [HealthDay](#). All rights reserved.

Citation: No change seen in frequency of recurrent vertigo attacks over time (2023, September 7)
retrieved 3 May 2024 from

<https://medicalxpress.com/news/2023-09-frequency-recurrent-vertigo.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.