

Symptoms of Inner Ear Disorders

Many of the symptoms experienced by people affected by dizziness and balance disorders are obscure and frightening. This symptom list is incomplete and does not apply to everyone with an inner ear disorder. But it may aid many who have been unable to make sense out of their seemingly abnormal sensations and symptoms. We hope it is relieving to discover that these symptoms are caused by a physical problem, that they are real and not imagined.

Vision:

- Objects jump (silverware jumps off of the table, stairs swing)
- Reading is difficult (print moves, vision blurs or doubles, words or letters switch)
- Writing may be difficult
- Lights glow or emit rays; glare is intensified
- Tendency to look down-discomfort increases when you focus at a distance
- Night blindness increases
- Poor depth perception
- Moving or flickering lights may be disturbing

Hearing:

- Can fluctuate, be lost completely or be unaffected
- Distortions such as popping, clicking, buzzing can occur
- Loud environments may be uncomfortable or sickening
- The ears may feel full

Nausea:

- Continual or intermittent nausea (or only in morning or as fatigue increases)
- A hangover feeling or seasick sensation in the head and/or stomach
- Motion sickness

Memory:

- Poor memory
- You may forget what you are talking about, grope for words
- Confusion, disorientation, inability to comprehend directions and instructions