


Health Info to know with Dr. Joe



*Expert advice with Head and Neck Surgeon,
University of Florida Associate Professor,
Dr. Joe Parell.*

*Dr. Parell is board certified in Otolaryngology
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Q: I have been having dizzy spells for the past few weeks. What could this mean and what kind of doctor should I see?

A: Dizziness means different things to different people and the variations in the sensation can indicate several different problems.

A sensation of light headedness or impending loss of consciousness usually indicates a circulatory or endocrine problem such as diabetes or thyroid disease. Anemia may also cause the symptoms. In this case see your family doctor.

A sensation of imbalance alone may indicate a neurological problem. This may require a consultation with a neurologist. If imbalance is associated with a spinning sensation, nausea and vomiting, the problem is likely due to the inner ear. This is best managed by an ear, nose and throat specialist.

If in doubt, it is usually best to see your family doctor first and let them direct you to the proper specialist.

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