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## Dizziness And Nausea

Dizziness is lightheadedness, feeling like you might faint, being unsteady, loss of balance, or vertigo. Dry heaves when it is at its worst. The nausea is worse in the morning and is aggravated by moving and somewhat alleviated by eating. More serious conditions that can lead to lightheadedness include heart problems (such as abnormal heart rhythm or heart attack), stroke, and severe drop in blood pressure (shock). Common symptoms of dizziness associated with aging include lightheadedness, a spinning sensation, giddiness, wooziness, or unsteadiness. Dizziness may be just mildly annoying or caused by something possibly life threatening. Lightheadedness is a feeling that you are about to faint or "pass out. Nausea is the body's way of reacting to an infection or condition. Always carry a "sipper" cup filled with your favorite drinks. Dizziness and vertigo caused by a vestibular migraine may be triggered by turning your head quickly. Brain causes. Stroke, tumor, headaches, migraines, hyperventilation. Fainting (syncope) - A loss of blood supply to the brain causing loss of consciousness, typically after loss of blood output by your heart. Dementia or senility - Any illness causing confusion or changed state of mind, such as medications, drugs, or alcohol. Many things may trigger this infamous "common faint"—emotions, rapidly assuming an upright position, even urination. Promptly treat ear infections, colds, flus, sinus congestion, and other respiratory infections. This may help prevent labyrinthitis and Meniere's disease. Nausea and vomiting can occur in both children and adults. Nausea is often indicative of an underlying condition elsewhere in the body. Nausea is also an adverse effect of many drugs. Nausea may also be an effect of a large intake of sugary foods. Nausea is the sensation that there is a need to vomit. Nausea can be acute and short-lived, or it can be prolonged. Nausea and vomiting can sometimes be symptoms of more serious diseases such as heart attacks, kidney or liver disorders, central nervous system disorders, brain tumors, and some forms of cancer. It is estimated that 50 to 90 percent of pregnant women experience nausea, while 25 to 55 percent experience vomiting. It often occurs with or precedes vomiting, but both nausea-without-vomiting and vomiting-without-nausea are possible. Nausea Treatment Tips 1. Several antiemetics, and researchers continue to look for more effective treatments. 2. Doxylamine is the drug of choice in pregnancy-related nausea. 3. Non-invasive (often untested) mechanical devices used to suppress nausea due to motion sickness. 4. Avoid solid foods until there has been no vomiting for six hours, and then work slowly back to a normal diet. 5. Spice ginger is also used for centuries as a folk remedy to treat nausea.

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