

Symptoms: imbalance and dizziness

I received radiation during course of treatment for melanoma on retina of right eye which resulted in loss of vision in that eye.

I continued all previous activities but noticed problems with balance and experienced dizziness on occasion.

When I discussed this with my physician I asked her if these symptoms were due to my aging or the loss of vision, etc. I also asked if there was something I should be doing to maintain my current level or improve in these areas.

My physician checked into treatment options and referred me to BalanceMD.

I was impressed with the professionalism and thoroughness of Dr. Sanders and his staff. After the results of initial testing and exams Dr. Sanders met with me, reviewed the results, and recommended sessions with the physical therapist.

The sessions with the PT were valuable. The tests indicated I was functioning at a high level for my age, etc. The PT encouraged me to continue with pilates and my hobby of ballroom dancing. In addition, I had just started a beginning yoga class. She explained each exercise as she assigned them and we did them during the session so I would know exactly how to practice during the week. She increased the levels of difficulty during the following weeks. She was very professional and

had excellent communication skills. Our interaction was great--she understood my abilities, concerns and my goals.

Main points for me at the end of the sessions were:

1. In order to be the best I can be I need to continue the exercises on a daily basis. Continuing yoga, pilates and ballroom dancing will also greatly assist me.
2. My overall health affects the dizziness and imbalance. EX: I discovered my dizziness only occurs if I do not have enough sleep or if I am sick with a cold, flu, allergies, etc.
3. I now understand balance is dependent on 3 things--not just my vision. When I do the exercises with my eyes closed I need to feel what my body is doing to keep me from falling---am I shifting weight to balls of my feet, am I pulling myself up, straightening my spine, etc. This knowledge can help me when I can't see, when I am in the dark, etc.

Results of treatment:

I am more confident and I can feel this when I am crossing streets in heavy traffic, walking thru crowded parking lots, etc. I feel better about my future ability to continue to be active in all aspects of my life--going to grandchildren's ballgames, taking care of our home, being a competitor in the national ballroom competitions---living life to the fullest!

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