



## **Dizzily Drunk: Local Rehab Warns of Alcohol-Related Vertigo Cases**

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Alcohol is one of the leading contributors to death across various factors, from car accidents to the health conditions it can lead to. As one of the oldest non-profit rehabs in Oregon, Serenity Lane has seen exactly how alcohol can impact lives. That's why for April, Alcohol Awareness Month, they've committed to sharing educational information about alcohol use and how it can influence physical and mental health alike.

One of the symptoms they dedicated an educational article to was vertigo, a lesser-known side effect of alcohol use. Since vertigo can happen due to a wide range of other conditions, too, Serenity Lane takes the time to explain beyond alcohol use. They want to help people identify when symptoms are due to alcohol, as well as when they aren't.

Vertigo isn't an uncommon experience. Nearly 40% of adults in the United States say they've had vertigo at least once in their lives. While more often than not it's a sign of something going on in your ear, like an infection, it can also be tied to alcohol consumption. The blog explains. Vertigo isn't a condition, but rather a symptom. It isn't always indicative of something more serious, but for those who experience it suddenly or frequently, it can be worth seeking medical advice. Vertigo may be a sign of an ear infection, tumor, stroke,

head injury, or other medical condition.?

For readers who may be seeking this article due to concern for a loved one, Serenity Lane explains why vertigo happens, so readers can better understand what vertigo means for overall health. ?... it?s first important to understand the two primary types of vertigo: peripheral and central. Peripheral vertigo is related to your vision. Those experiencing peripheral vertigo may have their vision shift as if they?re moving when they?re not. Their balance is often impeded, but they?re still generally able to walk.?

?Central vertigo, on the other hand, is more serious.? Serenity Lane continues. ?It can also involve visual anomalies, but those with central vertigo experience severe impairment in their ability to move. The cause of central vertigo can be pinpointed in the brain and may be a sign of something more serious. Peripheral vertigo, however, is primarily caused by things influencing the eardrums.?

The article explains further that alcohol can both cause vertigo and lead to worsened vertigo. It also informs readers about the differences between lightheadedness and vertigo, so they can recognize which one they may be experiencing, if either of them. To wrap up the piece, Serenity Lane offers advice on what to do if experiencing vertigo.

?... first and foremost it?s important to try and sit or lie down if possible. Continuing to move while impaired is not advised as you?re at an increased risk of injuring yourself.? Serenity Lane informs readers. ?To help prevent vertigo, it?s important to take care of your body. Hydration and proper nutrition both play key roles in this process.?

If readers wish to learn more about vertigo and alcoholism, as well as what recovery options are available for both, they can read the article linked above.

Serenity Lane has been helping people overcome substance and alcohol use disorders since 1973. All of the programs they offer have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). They have introduced many new programs in Oregon, such as residential step-down and outpatient programs that integrate residential and outpatient services. They have also been the provider of the only Addiction Counselor Training Program in Oregon. Some of their graduates are now offering their services through several treatment programs throughout the country.

People who would like to know more about the addiction treatment services available through Serenity Lane of Portland, Oregon, can visit their website or contact them by telephone or email. Serenity Lane has live people ready to help place patients from 8:00 am - 7:30 pm Monday through Friday, and 8:00 am - 6:00 pm

Saturday and Sunday.

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For more information about Serenity Lane Portland West Outpatient Office, contact the company here: Serenity Lane Portland West Outpatient Office Stephanie Edwards (503) 244-4500 info@serenitylane.org 10920 SW Barbur Blvd Portland, OR 97219

### **Serenity Lane Portland West Outpatient Office**

*Serenity Lane has served families in Oregon with high-quality addiction and mental health treatment since 1973. We are an established private, non-profit addiction treatment center, and all of our programs are accredited.*

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