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Update on latest BPPV maneuver for Benign paroxysmal positional disordered patients

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Benign Paroxysmal Positional Vertigo (BPPV) is one of the most common diagnoses among peripheral vestibular disorders. Pathology of this disorder is the presence of otoconia inside the semicircular canal. Posterior canal BPPV is the most common type of BPPV. Nausea and vomiting are the key features for BPPV. Specific maneuver is one of the optimum treatments to promote the recovery among BPPV patients. The effectiveness of these maneuvers has been clearly demonstrated. The best maneuver is the one with highest successfully rate and the lowest recurrent rate. Gan canal repositioning and deep hanging maneuver is one of the latest maneuvers that is able to cure the BPPV problem.

Biography

Zuraida is a senior medical lecturer in the Audiology Program, School of Health Sciences, Universiti Sains Malaysia (USM). She received her Medical Degree (MD) from USM in 2002 and Master of Science (Medical Audiology) in 2010 from the same university. She was the pioneer in establishing USM Vertigo Clinic since 2008. Apart from her clinical commitment, she has also been an active researcher in the field balance and vestibular. She has been sharing her research findings both locally and internationally and has published more than 60 publications including journal, oral, books and proceeding. Awarded with many research grants, Dr Zuraida has invented many clinical tools for assessing and treating balance disordered and stroke patients. Her home based treatment product, known as Bal Ex, has won many awards (gold and silver medals). She is currently developing a virtual vestibular rehabilitation procedure for balance disordered patients.

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