

Balance disorders can be treated

A balance disorder can be invisible to others and, when it is, the impact on an individual's work, family, and personal life is often made worse. That's why in 1997 the Vestibular Disorders Association established Balance Awareness Week. The goal is to raise awareness about the importance of balance as a "sixth sense".

Getting treatment for a balance disorder is frequently complicated because of the difficulty in diagnosing the specific source of the problem. The vestibular system senses gravity and the speed and direction of head movement. When the vestibular system is not functioning properly, an individual can experience dizziness, vertigo, unsteadiness, cognitive difficulties, and significant fatigue.

The Balance Clinic, a part of the Lee Memorial Health System, supports VEDA in its effort to improve public understanding of balance disorders and the impact on the lives of affected individuals of all ages. If you or someone you know wants more information about balance disorders, visit www.leememorial.org/wellness/balanceclinic or call Nathalie at 239-418-2000.

Balance retraining and vestibular therapy play a vital role in the recovery of people with dizziness, vertigo, and/or balance problems. At the Balance Clinic, every client receives a comprehensive evaluation by a specialty-trained, licensed Physical Therapist. Based on the results, a rehabilitation program is designed to meet individual needs and progress is closely monitored through one-on-one sessions with periodic progress assessments forwarded to the referring physician. Therapeutic intervention received at the Balance Clinic aims to improve self-confidence and overall balance through education in fall prevention strategies and emphasis on maintaining an active lifestyle.

For more information on services that VEDA offers, visit www.vestibular.org or send an email to memberinfo@vestibular.org ■

Osteoporosis exercise program set

The Lee Center for Rehab and Wellness is offering an eight-week Osteoporosis Exercise Program. Classes will meet once a week for an hour and will include a lecture and specific exercises for posture, stability, strength and balance. Participants will also be granted unrestricted access to the Wellness Center during this time so that they may put into practice the exercises they have learned.

The program will begin on Thursday, Oct. 4 and will conclude on Thursday, Nov. 29 and classes will be held from 11 a.m. to noon. The Wellness Center is located at 2070 Carrell Road, Fort Myers. Cost for the program is \$150.00.

To register, or for more information, please call 418-2000. ■

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