

## What do I do with my car now, if I got here driving?

Sandy is 42 years old and has gone to the doctor because she has felt a bit dizzy since last night, and has even experienced vomiting and sweating. To save time and avoid returning home, she takes her car to the health center so she can go straight to work from there. She has always been in good health, has no diseases and is not under any treatments, but the symptoms persist and don't seem to be due to something she ate or drank.

During the visit, her GP suspects that she may suffer from some type of vertigo, and performs the Dix-Hallpike maneuver and the lateral decubitus maneuver, both of which reproduce the vertigo crisis with nystagmus.

Sandra suffers from benign paroxysmal positional vertigo, the most common clinical manifestation of peripheral vertigo, with a prevalence of between 18 and 39 percent. Vertigo can be triggered when standing, when extending the neck, when crouching down, and even when waking up.

Sandra has just realized that it was in fact very unwise to have taken the car; it is very dangerous to drive with vertigo.

## 6 ROAD SAFETY TIPS for drivers with vertigo

### All drivers:



**Do not drive during an episode or acute manifestation of vertigo**

experienced as a symptom of a given pathology, until the prescribed treatment eliminates symptoms of vertigo.



**Talk to your doctor about medication.**

Vertigo treatments can affect your ability to drive. Tell your doctor if you are a regular driver.



**Do not consume alcoholic beverages**

If you're going to drive

### Professional drivers:



**Vertigo temporarily prevents you from working as a driver**

Due to the symptoms and due to the side effects of treatment.



**With recurring vertigo**

(Symptoms that come and go), you should avoid driving until at least six months have passed without an episode.



**For occupations that require driving**

The worker must take leave. Get information on potential legal restrictions on your driving during the period of your medical leave.