

My Journey with Vestibular Migraine

By Alicia Wolf, “The Dizzy Cook”



My "Weird" Vestibular Symptoms

- Dizziness and "walking on marshmallows"
- Anxiety followed
- Vertigo, disassociation, light sensitivity...oh my!
- I was misdiagnosed because it can come without head pain
- 7 doctors to get a diagnosis of "Vestibular Migraine"
- I lost my job because of VM



Life with Vestibular Migraine

- Grocery stores, restaurants, and long conversations can be hard
- Driving, walking, and working out become goals
- I have to constantly watch my trigger load
- My treatments are always changing – what works one year may not work the next
- I will never be the same person I was before Vestibular Migraine
- There's not enough awareness

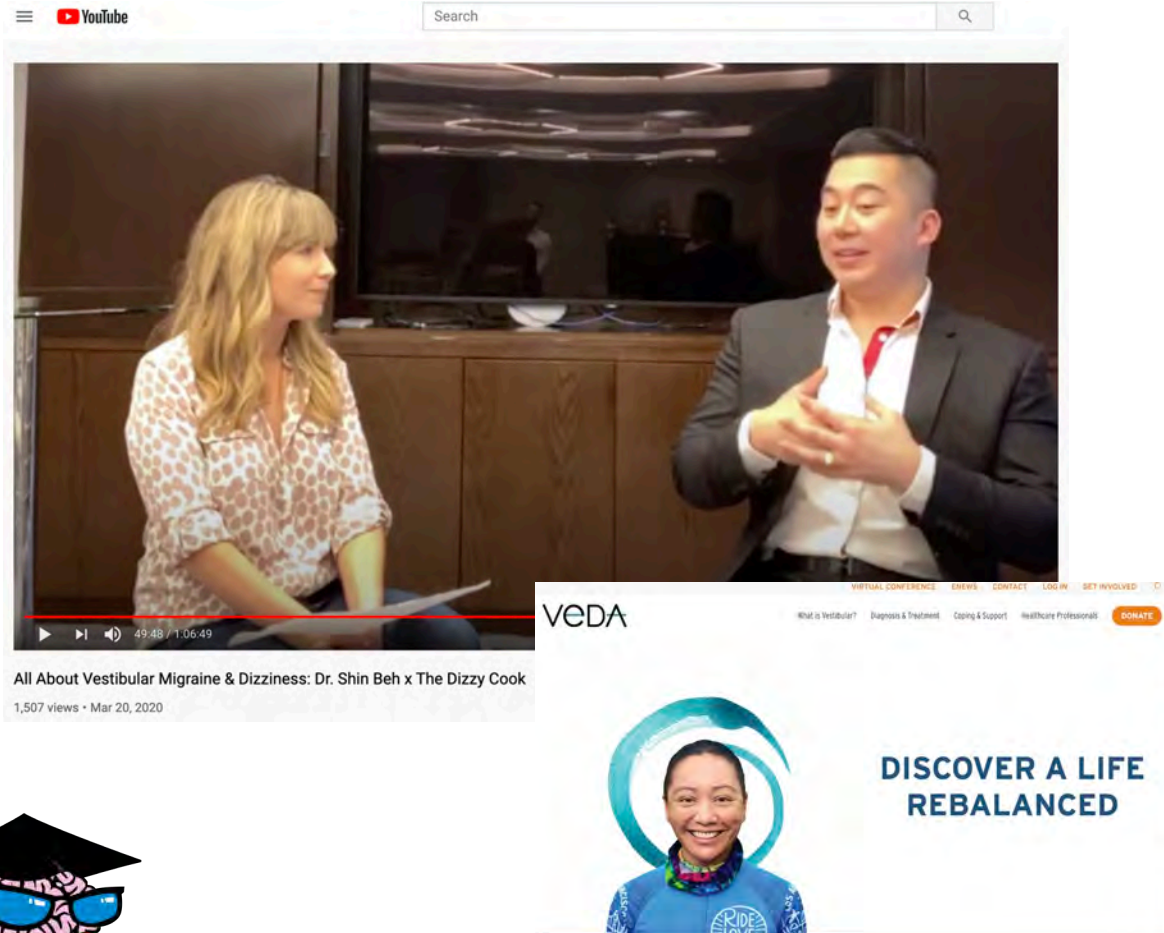


It Does Get Better

- Advocate for yourself with physicians AND treatments
- You may need to travel or teleconference to find a doctor who understands this type of migraine
- Be willing to try new things
- Find a community and the *right* kind of support
- Be an advocate for VM – talk about it, raise awareness, educate. The more you speak up, the more awareness this illness will get, the more it will be researched!



Resources



- VeDA (vestibular.org)
- Victory Over Vestibular Migraine – Dr. Shin Beh
- YouTube videos with Dr. Beh, Migraine World Summit, and Dr. Teixido
- Dr Timothy Hain - <https://dizzy-doc.com>
- Miles for Migraine MeetUps & Support Groups
- <https://thedizzycook.com>
- The Dizzy Cook Book – thedizzycookshop.com, Amazon, and Barnes & Noble
- Instagram, YouTube, Pinterest and Twitter @thedizzycook

