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