"Going to the grocery store can be a very unpleasant experience for many people with vestibular migraine because of the overwhelming visual scenes, the fluorescent lights, the shiny floors, there are crowds that you have to deal with. And so, even if you’re not having an attack of vestibular migraine, navigating that type of environment can be a very unpleasant experience."

“Another point to consider is that once an attack is over, a person doesn’t automatically bounce back to normal. After an attack of vertigo, the brain can be left with this very disoriented, dizzy, kind of feeling ‘off’ for a few days and sometimes even up to a few weeks. And this also can be a source of disability for some.”

- Vestibular migraine is a relatively new diagnosis, and many neurologists are still unfamiliar with the condition. The diagnosis is a complicated one to make, with the criteria being: at least five episodes of vestibular symptoms lasting between five minutes to 72 hours, current history of migraine, and one or more migraine features with at least 50% of the episodes. The symptoms of vestibular migraine can be disabling, especially if they happen frequently.

- Vestibular migraine tends to occur in people in their late 30s, mid-40s, or even later.

- Head pain is not always a feature of vestibular migraine.

- Treatment of vestibular migraine is generally the same as treatment for regular migraine, involving the same preventive measures and rescue medications.

- Provide your primary care physician or your neurologist with literature about vestibular migraine so they can learn about it and work with you on learning to manage it.

- Consider exercises like yoga, Tai Chi, or vestibular therapy that make the brain less sensitive to moving around or certain types of visual stimuli.

- Mindful meditation can be helpful for the anxiety that often accompanies vestibular migraine.

- Even though it can be tough getting the correct diagnosis, don't give up because there are a lot of treatments and most people can recover.