



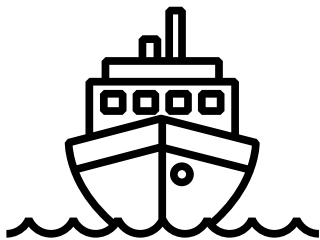
A GUIDE TO CRUISES AND VERTIGO



While the exact cause of vertigo after a cruise is unknown, there are things you can do to control it.



01



UNDERSTANDING VERTIGO AFTER A CRUISE

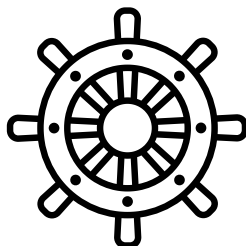
The disorder is known as Mal Debarquement Syndrome, also referred to as MdDS or MDD. It is a type of vertigo that occurs once you step out of a cruise ship.

COMMON SYMPTOMS:

- Extreme fatigue
- Motion sensation even when standing still
- Unsteady gait
- Difficulty concentrating
- Nausea
- Headaches
- Anxiety
- Tinnitus



02



WHO IS MOST AFFECTED?

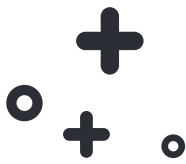
MdDS commonly affects women aged 40 to 50 years following a 7-night cruise or more. In fact, reports show that 90% of MdDS cases are among women.

03



HOW TO CURE VERTIGO AFTER A CRUISE

Therapy and anti-anxiety medication are prescribed to patients who have been suffering from vertigo for days on end without relief. If the symptoms are not chronic, there are several things you can do to cure it and get back to normal.



GET QUALITY SLEEP

When you get home from your cruise, resist the urge to do a lot. Pass on the alcohol and retire to bed early. You'll feel so much better when you wake up.

HOME REMEDIES

Some people swear by ginger when it comes to relieving vertigo symptoms. You can also try acupressure wrist bands.

Other home remedies include:

- Hydration
- Gingko Bilboa extract capsules
- Deep breathing techniques
- Yoga
- Ti-Chi
- Avoid Alcohol

STAY ACTIVE

Physical activity not only improves blood circulation but also does wonders for your hand and eye coordination.

SEE A DOCTOR

If nothing seems to work, it may be time to see a doctor, especially if the symptoms have lasted more than two days.

