

## Vertigo: 100-Question Multiple-Choice Quiz

1. What is vertigo?

- A. A headache disorder
- B. A spinning sensation or illusion of movement
- C. A stomach infection
- D. A sleep disorder

2. Which part of the body is most commonly involved in vertigo?

- A. Liver
- B. Kidneys
- C. Inner ear
- D. Pancreas

3. Which condition is the most common cause of peripheral vertigo?

- A. Stroke
- B. Benign Paroxysmal Positional Vertigo (BPPV)
- C. Brain tumor
- D. Multiple sclerosis

4. What does BPPV stand for?

- A. Bilateral Pressure Peripheral Vestibulopathy
- B. Benign Paroxysmal Positional Vertigo
- C. Brain Pressure Positional Vertigo
- D. Balance Pathway Peripheral Variation

5. Which movement commonly triggers BPPV symptoms?

- A. Running
- B. Looking at bright lights
- C. Turning the head quickly
- D. Eating spicy foods

6. Which symptom commonly accompanies vertigo?

- A. Rash
- B. Nausea
- C. Tooth pain
- D. Hair loss

7. Which ear disorder is associated with vertigo, tinnitus, and hearing loss?

- A. Otitis externa
- B. Ménière's disease
- C. Sinusitis
- D. Pharyngitis

8. What is tinnitus?

- A. Ear ringing or buzzing
- B. Severe headache
- C. Blurred vision
- D. Ear infection

9. Which test is commonly used to diagnose BPPV?

- A. Stress test
- B. Dix-Hallpike maneuver
- C. Colonoscopy
- D. Skin biopsy

10. Which eye movement is often seen during vertigo episodes?

- A. Strabismus
- B. Nystagmus
- C. Cataract formation
- D. Ptosis

11. Which specialist commonly treats vertigo?

- A. Dermatologist
- B. Orthopedic surgeon
- C. Otolaryngologist (ENT)

D. Podiatrist

12. What is the vestibular system responsible for?

- A. Digestion
- B. Balance and spatial orientation
- C. Blood clotting
- D. Temperature regulation

13. Which maneuver is commonly used to treat BPPV?

- A. Heimlich maneuver
- B. Epley maneuver
- C. Valsalva maneuver
- D. Romberg maneuver

14. What are the displaced crystals in BPPV called?

- A. Nephrons
- B. Otoconia
- C. Platelets
- D. Synapses

15. Which type of vertigo originates from the inner ear?

- A. Peripheral vertigo
- B. Central vertigo
- C. Psychological vertigo
- D. Ocular vertigo

16. Central vertigo is usually caused by problems in the:

- A. Liver
- B. Brain
- C. Stomach
- D. Skin

17. Which serious condition can cause central vertigo?

- A. Migraine
- B. Stroke
- C. Flu
- D. Eczema

18. Which symptom may suggest central vertigo rather than peripheral vertigo?

- A. Brief spinning episodes
- B. Hearing loss
- C. Double vision
- D. Ear fullness

19. Which imaging test may be ordered to evaluate central vertigo?

- A. MRI
- B. Mammogram
- C. Ultrasound of the abdomen
- D. Bone density scan

20. Vestibular neuritis involves inflammation of the:

- A. Vestibular nerve
- B. Optic nerve
- C. Sciatic nerve
- D. Facial nerve

21. Labyrinthitis differs from vestibular neuritis because it often includes:

- A. Chest pain
- B. Hearing loss
- C. High blood sugar
- D. Kidney failure

22. Which medication class may help reduce vertigo symptoms?

- A. Antibiotics
- B. Antihistamines

- C. Anticoagulants
- D. Antacids

23. Which medication is commonly prescribed for motion sickness and vertigo?

- A. Ibuprofen
- B. Meclizine
- C. Metformin
- D. Omeprazole

24. Which therapy helps patients adapt to balance disorders?

- A. Radiation therapy
- B. Vestibular rehabilitation therapy
- C. Chemotherapy
- D. Hydrotherapy

25. Which structure contains the semicircular canals?

- A. Middle ear
- B. Inner ear
- C. Outer ear
- D. Nasal cavity

26. How many semicircular canals are present in each ear?

- A. One
- B. Two
- C. Three
- D. Four

27. Which condition is characterized by recurrent vertigo attacks lasting minutes to hours?

- A. Ménière's disease
- B. Appendicitis
- C. Asthma
- D. Cataracts

28. Which dietary change may help patients with Ménière's disease?

- A. High-salt diet
- B. Increased caffeine intake
- C. Low-sodium diet
- D. High-sugar diet

29. Which symptom is least likely in vertigo?

- A. Imbalance
- B. Sweating
- C. Spinning sensation
- D. Broken bone

30. What does "benign" mean in BPPV?

- A. Cancerous
- B. Mild and not life-threatening
- C. Contagious
- D. Genetic

31. Which age group is most commonly affected by BPPV?

- A. Infants
- B. Teenagers
- C. Older adults
- D. Newborns

32. Which symptom may worsen with sudden head movement?

- A. Vertigo
- B. Acne
- C. Cough
- D. Heartburn

33. What is disequilibrium?

- A. Perfect balance

- B. Difficulty maintaining balance
- C. Ear infection
- D. Vision loss

34. Which test evaluates balance while standing still?

- A. Romberg test
- B. Pap smear
- C. ECG
- D. Spirometry

35. Which symptom is a medical emergency when combined with vertigo?

- A. Sneezing
- B. Facial weakness
- C. Mild nausea
- D. Ear itching

36. Vestibular migraine combines vertigo with:

- A. Arthritis
- B. Migraine symptoms
- C. Kidney stones
- D. Skin rash

37. Which symptom is common in vestibular migraine?

- A. Light sensitivity
- B. Broken nails
- C. Tooth decay
- D. Excessive thirst

38. Which vitamin deficiency has been linked to recurrent BPPV?

- A. Vitamin C
- B. Vitamin D
- C. Vitamin K
- D. Vitamin B12

39. What is presyncope?

- A. Feeling faint
- B. Ear infection
- C. Spinning sensation
- D. Hearing loss

40. Which condition may mimic vertigo?

- A. Anxiety
- B. Hair loss
- C. Appendicitis
- D. Kidney infection

41. Which ear structure detects linear acceleration?

- A. Cochlea
- B. Utricle and saccule
- C. Eardrum
- D. Ossicles

42. Which symptom is associated with dehydration-related dizziness rather than vertigo?

- A. Spinning sensation
- B. Lightheadedness
- C. Nystagmus
- D. Ear fullness

43. Which infection may lead to labyrinthitis?

- A. Viral infection
- B. Toenail fungus
- C. Food poisoning
- D. Acne

44. Which body system primarily maintains balance?

- A. Digestive system
- B. Vestibular system
- C. Reproductive system
- D. Endocrine system

45. Which symptom often occurs during severe vertigo?

- A. Vomiting
- B. Nosebleed
- C. Toothache
- D. Rash

46. Which position commonly triggers BPPV symptoms?

- A. Lying down
- B. Sitting quietly
- C. Standing still
- D. Reading

47. What does the cochlea primarily control?

- A. Vision
- B. Hearing
- C. Taste
- D. Smell

48. Which condition may produce vertigo after head trauma?

- A. BPPV
- B. Asthma
- C. Diabetes
- D. Eczema

49. Which professional may perform vestibular rehabilitation?

- A. Physical therapist
- B. Accountant
- C. Dentist
- D. Pharmacist

50. Which term describes fear of heights and dizziness?

- A. Acrophobia
- B. Claustrophobia
- C. Agoraphobia
- D. Arachnophobia

51. Which bedside maneuver helps reposition inner-ear crystals?

- A. Epley maneuver
- B. CPR
- C. Abdominal thrust
- D. Lumbar puncture

52. What type of hearing loss may occur in Ménière's disease?

- A. Conductive hearing loss
- B. Fluctuating sensorineural hearing loss
- C. Complete deafness at birth
- D. Temporary external ear blockage

53. Which symptom can indicate a stroke in a patient with vertigo?

- A. Difficulty speaking
- B. Earwax buildup
- C. Sneezing
- D. Mild hiccups

54. Which lifestyle habit may worsen vertigo symptoms?

- A. Adequate hydration
- B. Excess alcohol consumption
- C. Regular sleep
- D. Balanced meals

55. Which sensory system works closely with the vestibular system?

- A. Visual system

- B. Digestive system
- C. Immune system
- D. Endocrine system

56. What is oscillopsia?

- A. Ear pain
- B. Visual blurring with movement
- C. Hearing improvement
- D. Loss of smell

57. Which structure connects the inner ear to the brain?

- A. Vestibulocochlear nerve
- B. Optic nerve
- C. Median nerve
- D. Femoral nerve

58. Which cranial nerve is associated with hearing and balance?

- A. Cranial nerve II
- B. Cranial nerve V
- C. Cranial nerve VIII
- D. Cranial nerve X

59. Which condition may cause chronic imbalance after an acute vertigo attack?

- A. Vestibular hypofunction
- B. Appendicitis
- C. Bronchitis
- D. Psoriasis

60. Which symptom is most typical of BPPV episodes?

- A. Continuous spinning for weeks
- B. Brief episodes triggered by movement
- C. Chest tightness
- D. Severe abdominal pain

61. What is the primary purpose of vestibular rehabilitation exercises?

- A. Increase blood pressure
- B. Improve balance adaptation
- C. Treat infection
- D. Lower cholesterol

62. Which symptom commonly distinguishes Ménière's disease from BPPV?

- A. Hearing loss
- B. Head movement sensitivity
- C. Dizziness
- D. Nausea

63. Which condition may involve vertigo after a viral illness?

- A. Vestibular neuritis
- B. Arthritis
- C. Hypertension
- D. Cataracts

64. Which activity may be unsafe during severe vertigo?

- A. Reading
- B. Driving
- C. Eating
- D. Sleeping

65. Which symptom may occur with severe vestibular disorders?

- A. Difficulty walking
- B. Toenail discoloration
- C. Rash
- D. Hair growth

66. Which part of the brain helps coordinate balance?

- A. Cerebellum
- B. Frontal lobe
- C. Occipital lobe
- D. Temporal lobe

67. Which condition is most likely if vertigo occurs with one-sided hearing loss?

- A. Ménière's disease
- B. Common cold
- C. Tendonitis
- D. Eczema

68. Which factor increases fall risk in vertigo patients?

- A. Poor balance
- B. Good vision
- C. Strong muscles
- D. Healthy diet

69. Which symptom is more common in central vertigo?

- A. Severe neurological signs
- B. Ear fullness
- C. Brief attacks
- D. Motion-triggered dizziness only

70. Which bedside finding may suggest vestibular dysfunction?

- A. Positive head impulse test
- B. Elevated blood sugar
- C. Skin rash
- D. Joint swelling

71. Which symptom is common during acute vestibular neuritis?

- A. Continuous severe vertigo
- B. Tooth pain

- C. Hair loss
- D. Nosebleeds

72. Which type of vertigo is usually more severe but shorter in duration?

- A. BPPV
- B. Central vertigo
- C. Stroke-related vertigo
- D. Tumor-related vertigo

73. Which imaging method best visualizes soft tissues of the brain?

- A. MRI
- B. X-ray
- C. Ultrasound
- D. Mammography

74. Which symptom may accompany vestibular migraine?

- A. Aura
- B. Kidney pain
- C. Leg fracture
- D. Gum bleeding

75. Which structure senses rotational head movement?

- A. Semicircular canals
- B. Cochlea
- C. Retina
- D. Eardrum

76. Which disease process may cause central vertigo?

- A. Multiple sclerosis
- B. Athlete's foot
- C. Gallstones
- D. Gingivitis

77. Which symptom should prompt immediate emergency evaluation?

- A. Sudden vertigo with weakness
- B. Mild ear itching
- C. Brief nausea
- D. Temporary fatigue

78. Which treatment is most specific for BPPV?

- A. Bed rest only
- B. Canalith repositioning maneuvers
- C. Antibiotics
- D. Surgery for all patients

79. Which factor may trigger vestibular migraine?

- A. Stress
- B. Fresh air
- C. Hydration
- D. Exercise therapy

80. Which condition may cause vertigo and hearing symptoms after loud noise exposure?

- A. Inner-ear damage
- B. Skin infection
- C. Diabetes
- D. Arthritis

81. Which symptom is most associated with motion sickness?

- A. Nausea
- B. Hair loss
- C. Rash
- D. Fever

82. Which maneuver may provoke nystagmus in BPPV?

- A. Dix-Hallpike maneuver
- B. Straight-leg raise
- C. McMurray test
- D. Babinski test

83. Which term refers to inflammation of the labyrinth?

- A. Labyrinthitis
- B. Dermatitis
- C. Nephritis
- D. Gastritis

84. Which symptom may worsen in visually busy environments in vestibular disorders?

- A. Dizziness
- B. Hearing improvement
- C. Taste sensation
- D. Skin color changes

85. Which body position may relieve some vertigo symptoms?

- A. Remaining still
- B. Spinning rapidly
- C. Jumping repeatedly
- D. Running upstairs

86. Which medical history detail is important in evaluating vertigo?

- A. Duration of episodes
- B. Favorite color
- C. Shoe size
- D. Handwriting style

87. Which condition may present with vertigo after scuba diving?

- A. Barotrauma
- B. Eczema
- C. Osteoporosis

D. Gastritis

88. Which symptom suggests dehydration rather than vestibular disease?

- A. Dry mouth
- B. Nystagmus
- C. Spinning sensation
- D. Ear fullness

89. Which test evaluates involuntary eye movements in vertigo patients?

- A. Electronystagmography
- B. Colonoscopy
- C. Echocardiogram
- D. Pulmonary function test

90. Which structure contains fluid important for balance sensing?

- A. Semicircular canals
- B. Tonsils
- C. Thyroid gland
- D. Appendix

91. Which common symptom may follow prolonged vertigo?

- A. Fatigue
- B. Increased height
- C. Tooth eruption
- D. Hair bleaching

92. Which preventive measure may reduce falls in vertigo patients?

- A. Removing tripping hazards
- B. Wearing heavy boots indoors
- C. Avoiding hydration
- D. Walking in darkness

93. Which condition may cause vertigo after an ear infection?

- A. Labyrinthitis
- B. Hypertension
- C. Eczema
- D. Tendonitis

94. Which type of vertigo generally has hearing symptoms?

- A. Peripheral vertigo
- B. Central vertigo
- C. Psychological vertigo
- D. Visual vertigo only

95. Which symptom may accompany severe nausea during vertigo?

- A. Sweating
- B. Improved concentration
- C. Increased appetite
- D. Rash

96. Which factor may contribute to recurrent dizziness in older adults?

- A. Multiple medications
- B. Strong hydration habits
- C. Balanced sleep schedule
- D. Good lighting

97. Which bedside sign often occurs during acute vertigo?

- A. Unsteady gait
- B. Enlarged spleen
- C. Skin blistering
- D. Hair thinning

98. Which therapy focuses on gaze stabilization exercises?

- A. Vestibular rehabilitation

- B. Speech therapy
- C. Dialysis
- D. Occupational exposure therapy

99. Which symptom pattern is typical of BPPV?

- A. Vertigo lasting seconds
- B. Continuous vertigo for months
- C. High fever with rash
- D. Severe chest pain

100. What is an important first step when evaluating vertigo?

- A. Determine whether the cause is central or peripheral
- B. Prescribe antibiotics immediately
- C. Recommend surgery for everyone
- D. Ignore neurological symptoms