



**THE HEARING AND  
BALANCE CENTER  
AT BACHARACH**

436 Chris Gaupp Drive, Suite 103  
Galloway, NJ 08205

**HELPING YOU BRING  
YOUR LIFE IN BALANCE**

If you've recently lost balance and fallen, you know just how dangerous it can be. At the Bacharach Balance Center, we specialize in assessing – and treating – balance disorders, such as:

- Dizziness
- Vertigo
- Benign Paroxysmal Positional Vertigo (BPPV)
- Age-related degeneration of the vestibular system
- Balance problems
- History of falls

***Bacharach***

INSTITUTE FOR REHABILITATION

[bacharach.org](http://bacharach.org) • (609) 748-5370

Bacharach Institute for Rehabilitation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Bacharach does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1(609) 748-2081.

请注意：如果您讲中文，您可以免费获得语言协助服务。请致电 1(609) 748-2081。

THE BALANCE CENTER

***Bacharach***

INSTITUTE FOR REHABILITATION



**IMPROVING  
STABILITY,  
STEP-BY-STEP.**

**Helping you avoid a serious fall.**

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Have you recently lost your balance and fallen? Are you often dizzy and in need of assistance to get around the house?

If so, you know just how dangerous falling can be – it can result in bruises, broken bones or more serious injuries. In fact, the incidence of falling rises greatly after age 65.

The good news? At the Bacharach Balance Center, we specialize in assessing, evaluating and treating balance disorders.

## A TEAM BY YOUR SIDE

Your audiologist may use a comprehensive audiological evaluation and video nystagmography to identify inner ear disorders. Your physical therapist may perform vestibular testing for Benign Paroxysmal Positional Vertigo (BPPV), assess eye and head movements and perform balance testing.

From dizziness and vertigo due to problems of the inner ear and vestibular system to balance problems that are muscular or orthopedic in nature, there is a Bacharach expert who can help you.



## A QUICK BALANCE QUIZ

Falling could just be a simple accident or you might be at risk for a more serious problem. Answer these questions:

- Are you a woman?
- Are you over the age of 65?
- Are you ever dizzy or lightheaded?
- Do you have difficulty getting in and out of the tub or on and off the toilet?
- Do you need to lean on objects to get around?
- Do you use a cane or walker?
- Do you need new glasses or a hearing aid?
- Do you take three or more medications?
- Have you felt depressed recently?
- Do you experience headaches or migraines?
- Does looking up or down cause you to become dizzy?

If you answered yes to at least four of these questions, you might be having a balance issue. Your physician can refer you to the right kind of testing at Bacharach to determine if the problem is muscular or related to the inner ear.

## IMPROVING BALANCE, STEP-BY-STEP

The hearing system delivers environmental cues needed to walk safely. When you do not hear properly, your balance system is compromised. A compromised balance system interferes with spatial awareness, leading to dizziness and falls. Research suggests that even a mild hearing loss triples the risk of an accidental fall.