

## **VERTIGOPAS® drops for treating patients with symptoms of vertigo - Results of a monitoring study (1995)**

The observational study documented the treatment of 84 patients by general practitioners. People of increasing age more frequently suffer from incidence of vertigo, therefore the observation focused on patients of at least 50 years of age. In addition to dizziness from different causes and the course of symptoms, all the details were collected which were relevant to the therapy with VERTIGOPAS® drops.

### **Results**

- The most frequent symptom of vertigo was indicated as being uncertainty in walking (76.2 % of patients). Rotary vertigo, staggering vertigo and tendency to fall affected over half of the participants. Over 40 % of patients reported attacks of sweating and nausea. Whereas lift vertigo and vomiting only occurred in 8.3 % of patients.
- In 59 of a total of 84 patients an underlying cardiac insufficiency was determined. There were mainly mild cases (NYHA I-II). Hypertension and diabetes mellitus were given as further underlying diseases.
- Trigger mechanisms for dizziness were stated to be kinetosis (22 patients), getting up from a horizontal position after a long lie-down (70 patients), turning the head (60 patients) and bending or straightening up (64 patients).
- The treatment lasted an average of 30 days.
- The symptoms of vertigo were mainly improved during the approx. 4-week observation period.
- A continuous improvement in most patients' symptoms was evident after one week right from the first check-up.
- The compatibility of VERTIGOPAS® drops was assessed by 57 patients (67 %) to be "very good", by 23 patients (27 %) to be "good" and by 4 patients (5 %) to be "moderate".
- The acceptance was given an equally mainly positive rating: 90.6 % of all patients signaled "very good" (41 patients) or "good" (36 patients). In 6 cases (7.1 %) the acceptance was deemed to be "moderate" and in only one case to be "bad" (1.2 %).
- Blood pressure was not affected by the treatment.
- No secondary effects or interactions were observed within the frame of this observational study.

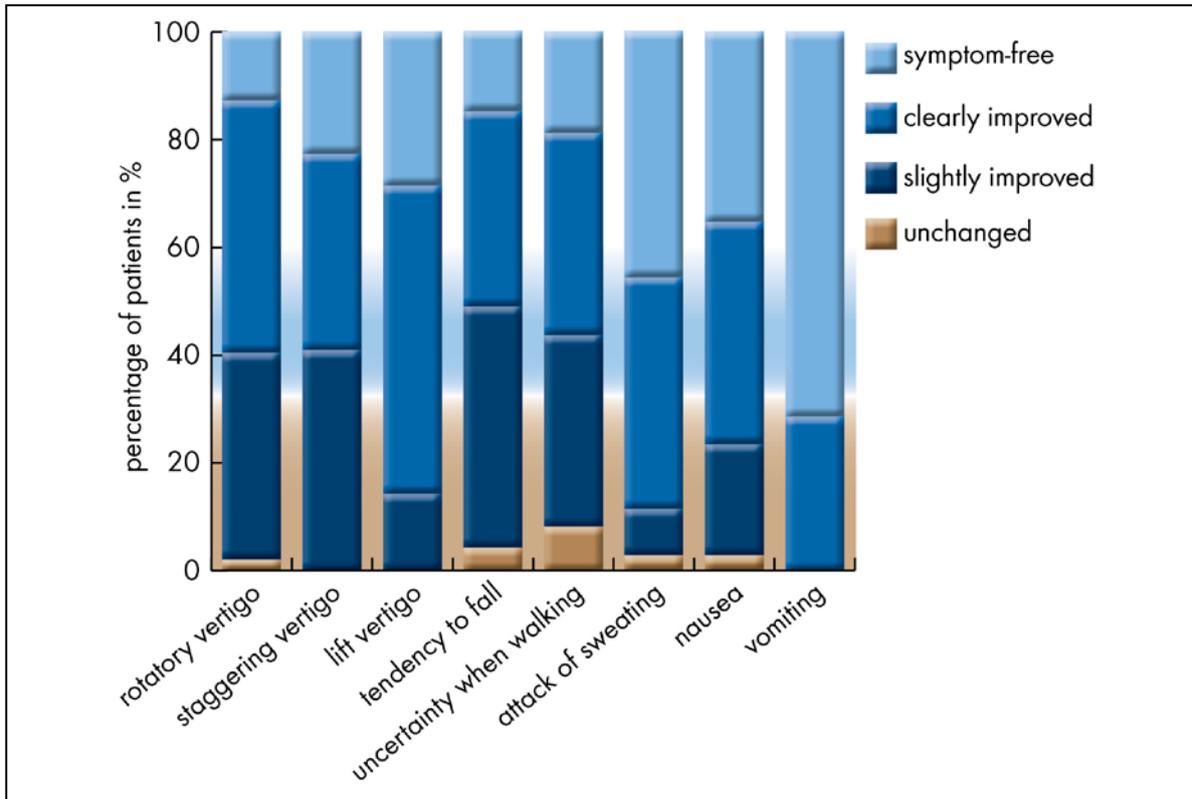
### **Conclusion**

Vertigo can manifest in very different symptoms and detract from everyday life quite considerably. This data shows that dizziness and its concomitant symptoms can be treated effectively with VERTIGOPAS® drops. The therapy is very well tolerated by patients and compliance, too, is mainly very good.

### **Erklärungen**

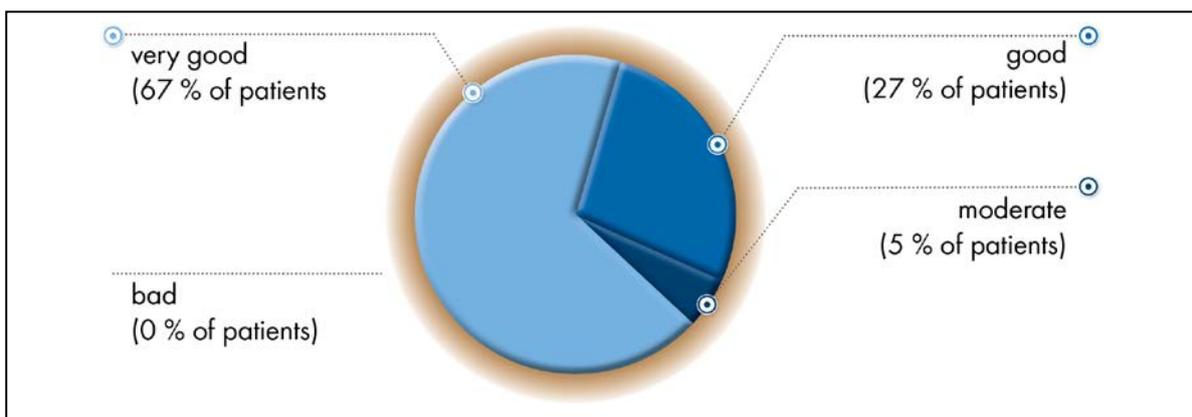
Rotary vertigo:	Patients have a feeling of turning within their surroundings
Staggering vertigo:	Patients feel an upward and downward motion like on a boat or in a swing, the ground sways under their feet, the items around them move up and down
Lift vertigo:	Patients have a sensation of straight up and down motion like being in a lift; the ground sinks under their feet

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**Figure 1: Recovery**

In the vast majority of patients symptoms have improved until they are free of symptoms. Number of patients affected per symptom (= 100%): Rotary vertigo (47 patients), staggering vertigo (44 patients), lift vertigo (7 patients), tendency to fall (47 patients), uncertainty when walking (64 patients), concomitant vegetative symptoms such as fits of sweating (35 patients), nausea (34 patients) and vomiting (7 patients).



**Figure 2: Compatibility**

The physicians providing treatment mostly judged the compatibility in their 84 patients to be good or very good. Bad compatibility was not indicated for any patient.