

E-Pearl of the Week

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May 20, 2009

Mal de débarquement

Mal de débarquement ("illness of disembarking") is a disorder characterized by persistent sensations of rocking, swaying or generalized imbalance following exposure to motion, most commonly after sea travel. The symptoms can persist for months or years after the inciting event, and the probability of resolution declines with prolonged episodes. Women are affected more often than men. In almost all patients with this disorder, the neurological and vestibulo-ocular examination is normal. There are no proven treatments, although benzodiazepines, stress reduction therapy, and vestibular physical therapy may be helpful in some patients.

Reference.

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