

## Book reviews

# Manual of Pediatric Balance Disorders, 2nd Edition

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### Book Details

Title: Manual of Pediatric Balance Disorders, 2nd Edition.

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## Review

The prevalence of balance disorders in children is not well known, mainly as pediatric vestibular disorders are often difficult to diagnose. According to a recent report (2016) of National Institute on Deafness and Other Communication Disorders (NIDCD), part of the National Institutes of Health, *"more than 1 in 20 (nearly 3.3 million) children between the ages of 3 and 17 have a dizziness or balance problem, according to an analysis of the first large-scale, nationally representative survey of these problems in U.S. children. Prevalence increases with age, with 7.5 percent of children ages 15-17 and 6.0 percent of children ages 12-14 having any dizziness or balance problem, compared with 3.6 percent of children ages 6-8 and 4.1 percent of children ages 3-5"*.

The American Psychiatric Association states that vestibular hypofunction would present in children as poor balance leading to falls, especially during high-level motor skills such as hopping, skipping, or walking on a balance beam. In babies, it would translate as delayed sitting, standing and walking. It has been observed that also children born with a severe vestibular malformation achieve a normal development in walking around the end of second year of age.

Studies on vestibular function in childhood indicate that vestibular disorders do occur in

children and that these may lead to signs and symptoms of vertigo, dizziness, decreased balance, and impaired vestibulo-ocular reflex (VOR). Casani et al (2015) reported that benign paroxysmal vertigo (BPV) (15.68%), vestibular migraine (VM) (27.82%), vestibular neuritis (VN) (9.81%) and psychogenic disorders (8.28%) are the most frequent causes of vertigo, while Menière's Disease (MD), BPPV and orthostatic hypotension are rare in childhood.

The second edition of the "Manual of Pediatric Balance Disorders" edited by Robert C. O'Reilly, Thierry Morlet, Jacob R. Brodsky and Sharon L. Cushing, comes to cover a very important space of knowledge in the area. The Authors write that "it has been intentionally named a *manual*, reflecting its role in the classroom, clinic, bedside, and laboratories", but this book is really something more than a pure "manual" and it is a real help for the clinician in this very poorly known and underestimated (and probably untreated) ....and it demystifies some false beliefs such as that BPPV is rare in childhood and it demystifies some false beliefs such as that BPPV is rare in childhood.

Of particular interest the five new chapters with the latest research and findings on various testing and topics in pediatric balance

disorders. Very important the vHIT, the BPPV in children and the chapter on “genetic and metabolism in pediatric vestibular disorders”.

Each chapter ends with a self-assessment questionnaire to aid the comprehension.

