Maryland Hearing and Balance Center
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Symptom diary
For patients with dizziness

Record the date, symptoms (hearing loss, pressure, dizziness, tinnitus, nausea, vomiting), severity of the symptoms, and amount of time they lasted. Severity of symptoms is rated 1-10. 1 representing mild symptoms, 10 representing the worst imaginable. Note any factors that precipitated the attack or seemed to make it better.

DATE	Symptoms	Severity 1-10	Duration	Other factors