

Motion Sickness

Motion sickness is a discomfort felt by some people on a moving boat, train, airplane, car or even on an elevator or swing. The discomfort is caused by irregular and abnormal motion that disturbs the organs of balance located in the inner ear. Symptoms may be mild or severe nausea, dizziness or headache, as well as paleness of the skin and cold perspirations. Vomiting and extreme weakness may be present in some cases. Anxiety, grief and other emotions can also cause motion sickness.

Treatment: Certain medications (antihistamines) have proven effective in treating symptoms of seasickness. They may be given with mild sedatives. If planning a trip, check with your doctor to see what he would recommend. Symptoms are reduced if the person rests lying down, with the head low, in a comfortable, well-aired place.

Prevention: includes being rested and in good health prior to a journey. Strong coffee taken just before departure may be helpful. During a voyage on a boat, it is advisable for the passenger to remain near the center of the ship where there will be less motion. It is best to refrain from reading, however, glancing down occasionally may be helpful.