



## Motion Sickness



### Overview

This is nausea triggered by a sense of movement. It happens in cars, trains, boats or airplanes. It can happen on rollercoasters and other rides, and when you use virtual reality devices. And some people are more likely to get motion sickness than others.

### Causes

What causes motion sickness? Most often, it happens when the movement you see doesn't match the movement your inner ear senses. One common trigger is "reading in the car." Why? Because when you do this, your eyes aren't seeing movement, but your inner ear is sensing it. In rare cases, motion sickness is caused by a fluid buildup or infection of the inner ear. And, it can be linked to Parkinson's disease.

### Symptoms

Motion sickness causes nausea and vomiting. You may get a headache and feel dizzy. You may become pale, and break out in a cold sweat. These symptoms may come on suddenly, and get worse quickly.

### Treatment

Motion sickness tends to get better on its own soon after the motion stops. But there are some things you can do to prevent it or ease its symptoms. An over-the-counter or prescription medication can keep you from getting motion sickness. When you're moving, face forward, keep your head still, and don't read or use electronics. Try eating plain crackers and sipping cold water. Avoid strong smells. To curb nausea, try eating or drinking something that contains ginger. Ask your doctor for more tips.