

BPPV E RECIDIVE: UNA REVISIONE DELLA LETTERATURA



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Introduzione e obiettivi: la BPPV è una frequente causa di vertigine periferica, con recidive nonostante trattamenti efficaci. Questa revisione indaga i fattori di rischio associati alla ricorrenza per ottimizzare la gestione clinica.

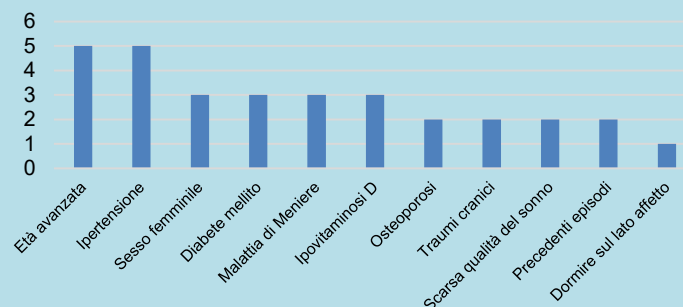


Materiali e metodi: sono state consultate le principali banche dati (PubMed, Cochrane Library, PEDro), includendo 32 studi selezionati in base a precisi criteri di eleggibilità. Criteri di inclusione: adulti, diagnosi BPPV, studi in inglese o italiano, full-text, tipo osservazionale e sperimentale. Esclusione: minorenni, articoli non disponibile in full-text, non pertinenti. Nessuna restrizione temporale applicata.



Risultati: i fattori più frequentemente associati a recidive sono l'età avanzata e l'ipertensione, seguiti dal sesso femminile, diabete, malattia di Ménière e ipovitaminosi D. Altri fattori rilevanti sono: osteoporosi, traumi cranici, disturbi del sonno, precedenti episodi vertiginosi e comportamenti posturali come dormire sul lato affetto. È emersa però un'alta eterogeneità metodologica tra gli studi analizzati.

Numero di citazioni per ciascun fattore di rischio



Conclusioni: diversi fattori di rischio sono associati alle recidive di BPPV. La revisione fornisce una panoramica aggiornata ma limitata dall'eterogeneità degli studi inclusi. Sono auspicabili ulteriori studi ad elevato rigore metodologico per validare i risultati emersi e sviluppare strumenti predittivi efficaci.



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