

# CONQUER CHIARI®

*From Knowledge, Strength. Through Research, Hope.*

## SEPTEMBER IS CHIARI AWARENESS MONTH

*Chiari patients, don't get pulled over!*

Did you know that one of the most common tests of the neurological exam, the Romberg test, can also be part of a field sobriety test performed by the police? The Romberg test looks for loss of balance when standing with the feet together and eyes closed. A healthy (or unimpaired) person, should still be able to stand fairly still by relying on their vestibular system and proprioception (awareness of spatial orientation of the body). However, for many Chiari patients, one or both of these systems are compromised, so by removing vision the brain has no good input to maintain balance and the result is either swaying or falling over.

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