

Neuro-Otology and Balance Disorders Program



For More Information

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BarrowNeuro.org

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The Neuro-Otology and Balance Disorders Program at Barrow is one of about 20 programs of its kind at academic institutions in the United States. We evaluate many conditions that can affect equilibrium and balance and conditions that cause vertigo, nystagmus, dizziness, unexplained fainting, and falling. Because these conditions can have many possible causes, some patients are seen by several specialists before referral to Barrow. We accept referrals from all over the nation from neurologists, otolaryngologists, surgical neurotologists, otologists, neurosurgeons, cardiologists, primary care physicians, and others.

The Barrow Difference

Since 1994, our Neuro-Otology and Balance Disorders Program has offered the most comprehensive team of balance disorder specialists in Arizona, including neurotologists and otoneurologists. A neurotologist is an otolaryngologist—also known as an ear, nose, and throat specialist—with additional training in the surgical treatment of inner ear disorders. An otoneurologist—also known as a neuro-otologist—is a neurologist with additional training in the diagnosis and medical treatment of vertigo, dizziness, and balance problems related to the brain or inner ear.

Barrow is the place to come when you need answers. We consider all possible causes of dizziness and balance disorders and can evaluate for both common and rare causes. We offer comprehensive vestibular testing, including video head impulse testing (vHIT), videonystagmography (VNG), vestibular myogenic evoked potentials (VEMP), and electrocochleography (EcochG). We also have audiometry, electroneurography, posturography, and tilt table testing. If a cause can be found, our experts will find it.

Our Team

- Internationally Recognized Fellowship-Trained Otoneurologists
- Otoneurology Fellow
- Fellowship-Trained Neuro-Otologist
- Surgical Ear, Nose, and Throat (ENT) Specialist
- Audiologist
- Vestibular and Balance Training Physical Therapists
- World-Class Neuroradiologists and Skull Base Neurosurgeons
- Social Workers
- Support Staff

What We Treat

We offer treatment for a variety of causes of dizziness, vertigo, nystagmus, imbalance, fainting, and falls including:

- Acoustic Neuroma (Vestibular Schwannoma)
- Autoimmune Inner Ear Disease (AIED)
- Benign Paroxysmal Positional Vertigo (BPPV)
- Bilateral Vestibulopathy
- Cerebellar Ataxias, Episodic Ataxias
- Chronic Vertigo
- Gait Imbalance of Unknown Cause
- Meniere's Disease
- Normal Pressure Hydrocephalus (NPH)
- Nystagmus
- Superficial Siderosis
- Superior Canal Dehiscence
- Vestibular Neuritis
- Vestibular Migraine

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Treatment Options

With balance disorders, determining the cause and mechanism is paramount. Whether you need medication, a repositioning procedure, a dietary change, physical therapy, or surgery, we can help. As a program of Barrow Neurological Institute, we work with a variety of experts who can provide you with the complete spectrum of care.

For patients with cerebellar ataxia, we offer a comprehensive specialty clinic and access to clinical treatment trials.

Our Providers



Terry D. Fife, MD, FAAN, FANS

Terry D. Fife, MD, FAAN, FANS, is board certified in neurology and internal medicine. He received his medical degree at Texas A&M College of Medicine. He trained in

internal medicine at University of California, Davis and trained in neurology at University of California, Los Angeles, where he also completed a neuro-otology fellowship. Dr. Fife is a professor of neurology at University of Arizona College of Medicine and has co-directed the neuroscience course for first-year medical students for more than 10 years. He has many published articles and book chapters and has performed clinical research in vertigo, dizziness, and balance disorders.



Kamala Saha, MD

Kamala Saha, MD, is board certified in neurology and specializes in vertigo, dizziness, balance disorders, headaches, and cerebellar ataxias.

She received her medical degree from St. Louis University School of Medicine. She completed her neurology residency and a fellowship in neuro-otology and balance disorders at Barrow Neurological Institute. Dr. Saha also serves as clerkship director for University of Arizona medical students.



Troy Hale, AuD, FAAA

Troy Hale, AuD, FAAA, is an audiologist with a special interest in neuroscience and balance disorders. He earned his Doctor of Audiology degree from A.T. Still University

(ATSU). He was the founding director of the ATSU-AFA Balance & Hearing Institute and currently holds a faculty teaching position at the university. Dr. Hale also works in the Vestibular Laboratory at Barrow Neurological Institute.



Randall Porter, MD

Randall Porter, MD, is a board-certified neurosurgeon who specializes in the surgical treatment of acoustic neuromas—tumors that grow on the nerve that connects

the inner ear to the brain. He serves as director of the Acoustic Neuroma Program at Barrow. Dr. Porter earned his medical degree from Rush Medical College in Chicago. He completed his neurosurgery residency and a fellowship in cerebrovascular and skull base surgery at Barrow.



Shawn Stevens, MD

Shawn Stevens, MD, is board certified in otolaryngology, with a subspecialty certification in neurotology. He earned his medical degree from Ohio State University.

He completed his residency in otolaryngology at Medical University of South Carolina and a fellowship in otology, neuro-otology, and skull base surgery at the University of Cincinnati Medical Center.



Justin Hoskin, MD

Justin Hoskin, MD, is a board-certified neurologist specializing in disorders of balance and equilibrium, including vertigo, cerebellar ataxia, chronic imbalance, hydrocephalus,

recurrent falling, syncope, postural hypotension, dizziness, and nystagmus. He earned his medical degree from Eastern Virginia Medical School in Norfolk, and he completed his neurology residency and a neuro-otology fellowship at Barrow Neurological Institute. Dr. Hoskin is a member of the American Academy of Neurology and the American Autonomic Society.