Quick Facts About Idiopathic Intracranial Hypertension

What Is Idiopathic Intracranial Hypertension/Pseudotumor Cerebri?
- Idiopathic intracranial hypertension (IIH), also called pseudotumor cerebri, is a condition in which there is high pressure in the fluid surrounding the brain, spinal cord, and optic nerves.
- The optic nerves are swollen which can cause problems with vision.
- The raised brain pressure can cause headaches.
- The underlying cause is not yet known (idiopathic), but it occurs most often in young women.

How Can IIH Affect Me?
- Headache is the most common symptom, although not everybody with IIH has headaches.
- Brief visual changes such as dimming, blurring or graying of vision (often with bending or stooping) can occur.
- You may hear sounds of a heartbeat-like or “whooshing” noise in the ears.
- Other symptoms include neck pain or double vision.
- 10% of people can have severe IIH that includes a high risk of permanent loss of vision.

What Should I Do About IIH?
- Neuro-ophthalmologists evaluate IIH by checking your central vision, side vision (visual fields) and optic nerves.
- Neuro-ophthalmologists will guide you regarding the medical (pills) and/or surgical treatment.
- Your doctor may recommend weight loss. This can be a sensitive issue. Weight loss is difficult. Most people with IIH are overweight, and weight loss can be a very effective IIH treatment.

https://www.nanosweb.org/iih

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