

Dysautonomia

What is Dysautonomia?

Dysautonomia is a term for a group of conditions that cause the autonomic nervous system to malfunction. This system controls automatic functions we don't think about, like heart rate, blood pressure, digestion, temperature, pupil response, and kidney function.

Common Symptoms

When the system doesn't work properly, it can lead to symptoms such as:

Pupilmotor

Impaired pupil response and impaired vision

Neurological

Migraines, cognitive deficits, brain fog and mental clouding

Secretomotor

Difficulty with fluid production such as sweating or tearing

Pulmonary

Shortness of breath, easily winded, and difficulty breathing

Gastrointestinal

Nausea, vomiting, diarrhea, constipation, abdominal pain, reflux, heartburn, and impaired motility

Cardiovascular

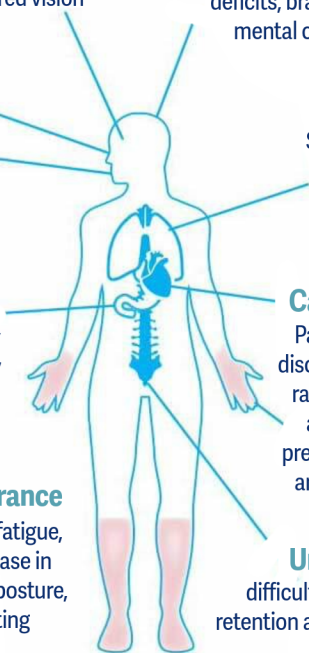
Palpitations, chest discomfort, high heart rate, low heart rate, abnormal blood pressure functioning, and blood pooling.

Orthostatic Intolerance

Difficulty standing still, fatigue, lightheadedness, increase in symptoms with upright posture, fainting or near-fainting

Urinary

difficulty with urine retention and/or excretion



It's estimated that
70 million people
worldwide have a form of autonomic dysfunction

Types of Dysautonomia

There are over 15 types of dysautonomia. The most common are POTS and neurocardiogenic/autonomic-mediated syncope.

Autonomic dysfunction can affect people of any age—children, adults, and older adults. It ranges from mild to disabling and may or may not be neurodegenerative.

We use the term “dysautonomia” to refer to autonomic disorders in general or specific conditions like orthostatic hypotension. “Dysautonomias” refers to the broader group of these disorders.



Dysautonomia is an umbrella term used to describe conditions that involve dysfunction of the autonomic nervous system.

