

Living with POTS

Postural Orthostatic Tachycardia Syndrome

What is POTS?

POTS is a condition affecting the autonomic nervous system, which controls functions like heart rate and blood pressure.

When someone with POTS stands up from lying down or sitting, their heart rate increases significantly, and blood flow to the brain is reduced. This can cause a range of symptoms.

Postural: Related to the position of your body.

Orthostatic: Related to standing upright.

Tachycardia: Over 100 beats per minute at rest.

Syndrome: A group of symptoms.

Symptoms:

- Dizziness or lightheadedness
- Fainting or near-fainting spells
- Racing heart or palpitations
- Brain fog
- Fatigue
- Nausea
- Headaches
- Shortness of breath
- Shakiness and excessive sweating

It's estimated that between

500,000-3 million

Americans have POTS

**Blood
Volume
Sitting**



**Blood
Volume
Standing**

POTS Diagnosis:

Many people with POTS feel chronically tired or rundown and are misdiagnosed, often with depression or anxiety. POTS is diagnosed through an Autonomic Nervous System test that can also measure your heart rate when you change position.



**Nervous System
Detects Drop In
Blood Pressure**

**Adrenals
Release
Norepinephrine**

**Heart Rate
Increases**

More about POTS

- POTS is a common condition, affecting millions of Americans, primarily women aged 15-50.
- It's a form of dysautonomia, a disorder of the nervous system that regulates involuntary bodily functions.
- POTS can be triggered by various factors, including viral illnesses, surgery, trauma, and even pregnancy.
- While there is no cure, symptoms can often be managed with a combination of lifestyle changes, medication, and therapies.



Heart and Vascular Care

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