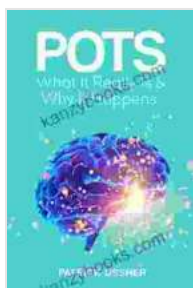


# POTS: What It Really Is and Why It Happens

POTS (Postural Orthostatic Tachycardia Syndrome) is a condition that causes your heart rate to increase abnormally when you stand up. This can lead to a variety of symptoms, including lightheadedness, dizziness, and fainting. POTS can be a debilitating condition, but it can be managed with medication and lifestyle changes.



## **POTS: What It Really Is & Why It Happens** by Patrick Ussher

★★★★☆ 4.3 out of 5

Language : English  
File size : 284 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 159 pages  
Lending : Enabled



## **What is POTS?**

POTS is a condition that affects the autonomic nervous system, which controls your body's automatic functions, such as heart rate, blood pressure, and digestion. In people with POTS, the autonomic nervous system does not work properly, which can lead to a variety of symptoms.

The most common symptom of POTS is orthostatic intolerance, which is a feeling of lightheadedness or dizziness when you stand up. This is caused by a drop in blood pressure when you stand up. Other symptoms of POTS can include:

- Heart palpitations
- Chest pain
- Shortness of breath
- Fatigue
- Brain fog
- Headaches
- Nausea
- Vomiting
- Constipation
- Diarrhea

### **What causes POTS?**

The exact cause of POTS is unknown, but it is thought to be caused by a combination of factors, including:

- Genetics
- Hormonal changes
- Autoimmune disorders
- Viral infections

- Certain medications

## **How is POTS diagnosed?**

POTS is diagnosed based on your symptoms and a physical examination. Your doctor may also Free Download some tests, such as:

- Blood tests
- Urine tests
- Tilt table test

## **How is POTS treated?**

There is no cure for POTS, but it can be managed with medication and lifestyle changes. Medications that can be used to treat POTS include:

- Beta-blockers
- Calcium channel blockers
- Midodrine
- Fludrocortisone

Lifestyle changes that can help to manage POTS include:

- Increasing your fluid intake
- Eating a healthy diet
- Getting regular exercise
- Wearing compression stockings

- Avoiding triggers that can worsen your symptoms

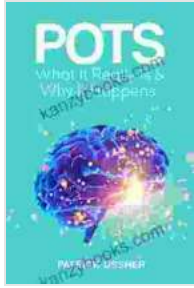
## **Living with POTS**

POTS can be a challenging condition to live with, but it is important to remember that you are not alone. There are many people who have POTS, and there are many resources available to help you manage your condition. With the right treatment and support, you can live a full and active life with POTS.

## **Additional resources**

- POTS Foundation
- Dysautonomia International
- Mayo Clinic





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