

# DYSAUTONOMIA INTERNATIONAL



AWARENESS



ADVOCACY



ADVANCEMENT

## 10 FACTS ABOUT P.O.T.S.

**1** - POTS stands for Postural Orthostatic Tachycardia Syndrome. Some doctors call it Postural Tachycardia Syndrome. It's the same thing.

**2** - POTS is estimated to impact 1 in every 100 teens before they reach adulthood. There are an estimated 500,000 to One Million people living with POTS in the United States alone, and most of them are young women. However, POTS can be found in all ages, genders and races.

**3** - POTS is more common than Multiple Sclerosis and Parkinson's Disease, but since it was first “discovered” fairly recently, not many people know about it. Researchers at Mayo Clinic identified POTS in 1993, but they believe it has long existed under various other names like Soldier's Heart and Mitral Valve Prolapse Syndrome.

**4** - POTS is a disorder of the Autonomic Nervous System, and disorders of the Autonomic Nervous System are collectively referred to as “autonomic disorders” or “dysautonomia.” Other forms of dysautonomia include Neurocardiogenic Syncope, Pure Autonomic Failure and Multiple System Atrophy.

**5** - The Autonomic Nervous System controls essential bodily functions like heart rate, breathing, maintaining proper blood pressure, digestion, sleep cycles, body temperature control, sweating and more. Think of it as the bodily functions that happen “automatically.”

**6** - Due to the malfunctioning of the Autonomic Nervous System in POTS patients, POTS symptoms can include tachycardia, chest pains, lightheadedness, fainting, nausea, severe gastrointestinal distress, migraines, blood pooling in the extremities, shaking, too much or too little sweating, cognitive impairments (“brain fog”) and much more.

**7** - Some, but not all, of the symptoms caused by POTS can be relieved by laying the patient down. This helps restore normal blood flow to the brain and chest area. This is why it can be so difficult for POTS patients to stand sometimes.

**8** - While some POTS patients can continue with work, school and social activities, experts estimate that about 25% of POTS patients are so disabled that they cannot work or attend school.

**9** - Some POTS patients will get better over time, be either learning to manage their symptoms better, or by actually recovering from the illness. However, some remain sick with POTS indefinitely, and some progressively get worse.

**10** - Currently, there is no cure for POTS. There are many symptomatic treatments available, but they do not work for all patients. Dysautonomia International is raising money for POTS research so that we can find better treatments for all POTS patients and hopefully someday a *cure!*

**For more information on POTS and other autonomic disorders, or to learn how you can get involved, please visit:**

**[www.dysautonomiainternational.org](http://www.dysautonomiainternational.org)**