

Postural Orthostatic Tachycardia Syndrome

Postural orthostatic tachycardia syndrome (POTS) is a form of dysautonomia that is estimated to impact between 1,000,000 and 3,000,000 Americans, and millions more around the world. POTS is a form of orthostatic intolerance that is associated with the presence of excessive tachycardia and many other symptoms upon standing. It can be devastating and has considerable impact on quality of life in terms of physical and emotional functioning.

Click here to listen to an outstanding gifted and prolific lecturer by Dr. Dawn-Elise Snipes, Ph.D.

https://www.youtube.com/watch?v=4KqfrzFGlwc&ab_channel=DocSnipes

Living with Postural Orthostatic Tachycardia Syndrome or POTS

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What is POTS?
Dysautonomia International

The infographic features a central illustration of a human body from the back, showing the spine, ribcage, and internal organs. Surrounding the body are numerous text labels in white and light blue, representing common symptoms of POTS. The labels include: FAINTING, BRAIN FOG, SHORTNESS OF BREATH, DIZZINESS, FATIGUE, STOMACH PROBLEMS, HEADACHES, PAIN, FIBROMYALGIA, MALNUTRITION, HEAT INTOLERANCE, LIGHTHEADEDNESS, TIGHTNESS OF CHEST, GI TRACT SHUT DOWN, BLOOD POOLING, IRRITABLE BOWEL SYNDROME, PAIN, LIGHT AND SOUND SENSITIVITY, NEW ONSET ALLERGIES, and TINGLING. The word 'PAIN' is repeated multiple times in different locations. There is also a small icon of a speech bubble in the top right corner of the infographic.