

DYSAUTONOMIA INTERNATIONAL



AWARENESS



ADVOCACY



ADVANCEMENT

10 FACTS ABOUT P.O.T.S.

1 - POTS stands for Postural Orthostatic Tachycardia Syndrome.

2 - POTS is not rare, it's just not well known. POTS is estimated to impact 1 in every 100 teens before they reach adulthood. POTS is more common in girls, but boys can get it too, and so can adults. There are an estimated 500,000 to 1,000,000 people living with POTS in the United States alone.

3 - POTS is not contagious. You can't catch POTS from hanging out with someone who has it.

4 - POTS is one of many different disorders of the Autonomic Nervous System (collectively referred to as “dysautonomia”). The Autonomic Nervous System controls important things like your heart rate, breathing, maintaining proper blood pressure, digestion, sleep cycles, body temperature, and more.

5 - Due to the malfunctioning of the Autonomic Nervous System in POTS patients, POTS symptoms can include tachycardia, chest pains, shortness of breath, lightheadedness, fainting, nausea, vomiting, headaches, feeling shaky, too much or too little sweating, “brain fog” and much more.

6 - The lightheadedness caused by POTS can make a POTS patient feel like they are going to faint when they are standing up. Sometimes they do faint. This makes it hard for people who have POTS to stand sometimes.

7 - While it can be very hard for people with POTS to exercise, POTS patients are not lazy. In fact, many POTS patients were athletes before they got sick. The fast heart rate that POTS patients experience when they stand up, is like the heart rate you would feel if you ran a marathon. Imagine feeling like that all day, every day. It's exhausting!

8 - While some POTS patients can continue with work, school and social activities, about 25% of POTS patients are so sick that they cannot work or attend school. Many POTS patients will get better over time. However, some remain sick with POTS indefinitely, and some may progressively get worse.

10 - Currently, there is no cure for POTS. There are some 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, or to learn how you can get involved, please visit:

www.dysautonomiainternational.org

Like us on Facebook: www.facebook.com/dysautonomiainternational