

# Standing <sup>Up</sup> <sub>To</sub> POTS

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## **Teen Raises Money for Standing Up to POTS**

Lily Pederson, age 13, raised \$4000 by selling *My Life with POTS*, an 18 page book that she wrote with her 11 year old sister, Kate. Suffering from postural orthostatic tachycardia syndrome (POTS), Lily is donating their proceeds to Standing Up to POTS.

Their book is a touching account of Lily's three year struggle with POTS from the children's perspective. Kate's illustrations add depth to Lily's words, and readers can sense what it must be like to have POTS.

"I'm so proud of the girls and their willingness to share their personal story so widely," said Cathy Pederson, founder of Standing Up to POTS. "Their donation will fund an online survey of 1,000 people with POTS that investigates quality of life issues for this understudied population."

If you want to purchase a copy of *My Life with POTS*, or donate to Standing Up to POTS, visit [www.standinguptopots.org](http://www.standinguptopots.org). The book will be on sale through the website for the next month.

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Note to the Editor: Photos of the book, Lily and Kate with the book, or sample illustrations are available upon request.