



Standing Up to POTS is a 501(c)(3) not-for-profit organization whose mission is to help patients with postural orthostatic tachycardia syndrome (POTS) live their best lives. We do this in three main ways:

- We investigate quality of life issues surrounding POTS,
- We implement research-based initiatives to improve quality of life for patients, and
- We promote public awareness of POTS.

Although POTS is not visible or typically life-threatening, it causes an enormous emotional, physical, and financial burden to patients and their families. The burden is made worse by the lack of understanding and public awareness, combined with some of the unique features of POTS, such as inability to be upright, frequent fainting episodes, adrenaline rushes, severe brain fog, pain, and the unpredictable flares of these symptoms. The high degree of physical disability, cognitive impairment, pain, and disruption to schooling/career/life plans leaves these patients with myriad challenges to everyday living. They often struggle with finances, relationships, daily chores, grooming, maintaining proper nutrition and weight, communicating their needs to family and friends, finding supportive social circles, finding social activities that work for them, and maintaining good mental health.

Standing Up to POTS has been created to address these needs. Specifically, we help provide POTS-specific solutions, resources, information and programs that help patients to live better by addressing their unique challenges. Standing Up to POTS is committed to developing a full set of resources for those who are trying to improve every aspect of their lives, and need POTS-informed advice and resources.

Publications to Increase Awareness of POTS:

Pederson, Cathy L. and Greta Hochstetler Mayer. 2016. "Understanding the Role of Chronic Illness in Depression, Anxiety, and Suicide." *Counseling Today*. In press.

Hurley, Nicole. 2015. "Words of Hope: A 13-year-old member writes about her illness to inspire others." *Thrivent Magazine*. p. 5.

Stafford, Tom. "Event to Help Springfield Girl Battle POTS disease." *Springfield News Sun*, April 25, 2015.

Stafford, Tom. "Book Documents Northwestern Middle School Student's Battle with POTS." *Springfield News Sun*, August 16, 2014.



Support provided for those with POTS

- Website. Over 40 pages filled with practical tips to improve understanding of POTS and quality of life for those suffering from it, at www.StandingUptoPOTS.org. We have visitors from more than 40 countries!
- Facebook page. Shares new research findings, tips for improving quality of life, and memes to raise awareness about POTS.
- Support Group. Approximately 500 patients, parents, and supporters of people with POTS join together to generate and receive support.
- Teens Only Support Group. Approximately 150 teens who can share their triumphs and frustrations related to living with the symptoms and isolation experienced during their formative teenage years with others who “get it.”

“Standing Up to POTS has improved my life a lot: First, they provide great practical information that you can’t find anywhere else. Second, they make me feel less alone, because of the kind people in the support group. Third, they make me feel understood, which I value so much after decades of feeling like I’d never fit in anywhere again. It feels like a caring online home that serves me every day. Know that this organization is working on my behalf makes me much more optimistic about living with POTS.” Jill B., POTS sufferer

Our Founder

Standing Up to POTS was founded in 2014 by Dr. Cathy Pederson, Professor of Biology at Wittenberg University. Her Ph.D. was earned in Physiology and Neurobiology at Rutgers University. As a mother of a child with POTS, Dr. Pederson brings both passion and scientific understanding of the autonomic nervous system and POTS to our organization.

Your Donation Matters!

Your generous donation will be used to fund one of the following projects:

- Research that is investigating quality of life dimensions within the POTS population
- Creation of resources to improve quality of life for those with POTS, by making available expert advice, opportunities for social bonding, and improved suicide prevention materials
- Awareness promotion, via materials for healthcare professionals, press packets to help others tell their story, and incentives to students for POTS related projects presented in school

