



Real people with postural orthostatic tachycardia syndrome (POTS). Their future is in our hands.

OUR MISSION:

To improve the quality of life for people with postural orthostatic tachycardia syndrome (POTS) through research, advocacy, and support.

WHAT IS POTS?

An invisible chronic illness that causes enormous emotional, physical, and financial burden to patients and their families.

CHALLENGES TO EVERYDAY LIVING:

- Physical disability
- Cognitive impairment
- Dizziness, nausea, pain
- Disruption to life plans

NO GOVERNMENT FUNDING FOR POTS RESEARCH:

More people suffer from POTS than amyotrophic lateral sclerosis (ALS), multiple sclerosis, and Parkinson's Disease combined.

The National Institute of Health is funding \$248 million in research for these three disorders, but has allocated \$0 for POTS research.

SUPPORT THE STANDING UP TO POTS RESEARCH FUND

Your donation might be spent in the following ways:

- \$1000 = Hormone detection kits for 20 research participants
- \$500 = Ring that records 24 hr. heart rate, blood pressure, & oxygen level
- \$250 = Cardiorespiratory measurements on 4 research participants
- \$100 = Ultrasound materials for 8 research participants

OUR MISSION IN ACTION:

In **research**, Standing Up to POTS has...

- Awarded \$80,150 in grants to 5 POTS research teams in 4 countries
- Published 10 professional papers on POTS and chronic illness

In **advocacy**, Standing Up to POTS has...

- Visitors from more than 150 countries at www.standinguptopots.org
- Shared POTS research findings from scientific articles via social media

In **support**, Standing Up to POTS has...

- 10,000 people who follow us on Facebook, Twitter, and Instagram
- 2,500+ POTS patients and families in our two online support groups

TOGETHER, WE CAN FUND IMPORTANT POTS RESEARCH. THANK YOU FOR YOUR SUPPORT!

AWARD WINNING ORGANIZATION:

Standing Up to POTS won two awards at the NeuroConnect Summit in Washington, D.C., and is currently nominated for two awards at the 8th Annual WEGO Health Awards in Las Vegas.

Donations are gratefully accepted through our Facebook page, website, or by check

*Please write and mail a check to:
Standing Up to POTS
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