



Real people with postural orthostatic tachycardia syndrome (POTS). Their future is in our hands. We need research now! The 5th Annual Standing Up to POTS 5K is our largest fundraiser of the year. Please help us reach our \$12,000 goal!

The mission of Standing Up to POTS is to improve the quality of life for people with postural orthostatic tachycardia syndrome (POTS) through research, advocacy, and support. Although POTS is not visible or typically life-threatening, this chronic illness causes enormous emotional, physical, and financial burden to patients and their families. The physical disability, cognitive impairment, pain, and disruption to schooling/career/life plans leave POTS patients with many challenges to everyday living. Unfortunately, there is still much to learn about the causes and treatments of POTS.

Please support the Standing Up to POTS Research Fund. In the United States, there are more people suffering from POTS than amyotrophic lateral sclerosis (ALS), multiple sclerosis, and Parkinson's disease combined. The National Institute of Health is funding \$248 million dollars in research for these disorders, but has allocated \$0 for POTS (or dysautonomia) research. We need your help!

Here's how your donation to the Standing Up to POTS Research Fund might be spent:

- \$100 = Ultrasound materials for 12 research participants
- \$250 = Cardiorespiratory measurements for 4 research participants
- \$500 = Promising new therapy for 10 research participants
- \$1000 = Hormone detection kits for 20 research participants

In research, Standing Up to POTS has

- **Awarded \$41,250 in grants** to research teams in three countries
- Published seven scientific and professional papers on quality of life in 2017 and 2018

In advocacy, Standing Up to POTS has

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

In support, Standing Up to POTS has

- More than 2,000 POTS patients and family members in our two online support groups
- More than 6,500 people who follow us on Facebook, Twitter, and Instagram

“Standing Up to POTS is tireless when it comes to providing support, knowledge and research progress. They make me a lot more optimistic about living with POTS.” Jill B., POTS sufferer

We would appreciate your financial support for the 5th Annual Standing Up to POTS 5K/2K to be held on Wittenberg's campus on October 20. There are no paychecks at Standing Up to POTS, so 100% of your donation will go directly into the Standing Up to POTS Research Fund.

Donations are gratefully accepted online through the Standing Up to POTS Facebook page or website, or by check.



*Please make out checks to:
Standing Up to POTS
1994 Ballentine Pike
Springfield, Ohio 45502*

