

# WHAT IS POTS?

**POTS FALLS UNDER THE GENERAL UMBRELLA OF DISORDERS CALLED DYSAUTONOMIA**



## WHO CAN GET POTS?

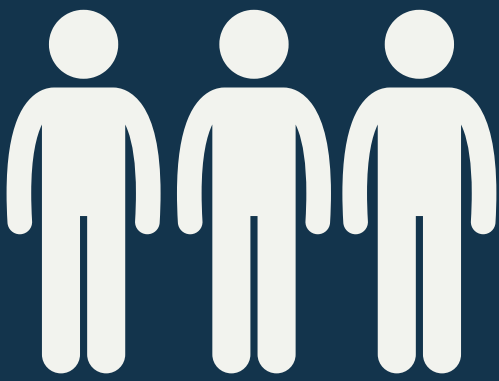
Anyone can develop POTS, but approximately 75% of those diagnosed are women between the ages of 15 and 50.

## WHAT CAUSES POTS?

POTS can be triggered by a variety of life stressors including pregnancy, major surgery, trauma, or a viral infection like mononucleosis or Lyme disease.

## POTS IS NOT A RARE DISORDER

In the US, 1 in 100 teenagers have POTS and 170 in 100,000 people have POTS.



**A PERSON WITH POTS USES 3 TIMES MORE ENERGY TO STAND THAN NORMAL.**

**POTS IS AN INVISIBLE ILLNESS: A DISABILITY THAT IS NOT IMMEDIATELY APPARENT.**



The long term outcome for someone with POTS depends on the underlying cause of this disorder.

POTS symptoms are life altering. Even eating meals and showering can be exhausting and increase symptoms.



**THE QUALITY OF LIFE OF A PERSON WITH POTS HAS BEEN COMPARED TO THOSE WITH CONGESTIVE HEART FAILURE.**

## WHEN PEOPLE DEVELOPED POTS AS ADOLESCENTS...

- 20% made a full recovery within 10 years
- 60% had improved symptom load but still met the criteria for POTS
- 20% had maintained their symptom load or declined further since diagnosis

