

YOU MIGHT HAVE POTS

if you are under 50 & present with

LIGHTHEADEDNESS

In orthostatic intolerance, the heart rate increases but the blood pressure drops by less than 20 mmHg. Symptoms get worse the longer the patient stands, and lead to feeling lightheaded.

SYNCOPE

In orthostatic intolerance, the heart rate increases but the blood pressure drops. The heart compensates by increasing its rate but cerebral blood flow decreases with syncope.

PALPITATIONS

In heart palpitations, your heart fluttering, pounding, or beating too fast inside your chest. While they can be related to exercise or stress, palpitations can be from POTS.

SHORTNESS OF BREATH

This is the feeling that you can't get enough air. Your chest might feel tight and like you can't draw a full breath.

EXCESSIVE FATIGUE

POTS patients are extremely fatigued and have brain fog (they can't think straight).

NONSPECIFIC SYMPTOMS THAT DON'T MAKE SENSE ON THE SURFACE

NO UNDERLYING PATHOLOGY

When giving a diagnosis of POTS, healthcare practitioners should rule out long Q-T syndrome or cardiomyopathy, Most people with POTS do not have other discernable illnesses at the time of diagnosis.