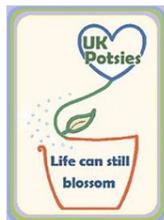


Who are UK POTSIES

UK POTSIES are a team of people with **POTS** in the **UK**. It is only in recent years that this rare and debilitating condition is getting the much needed attention it deserves. The many people who have dealt with autonomic dysfunction in the past have suffered in silence, having no means to get the symptoms correctly diagnosed and it is only now through support groups and on going research (which many of the UK POTSIES are a part of) new knowledge will be gained to educate and help future sufferers of **POTS** ..

Our motto is -

Life can still blossom albeit in a different way .

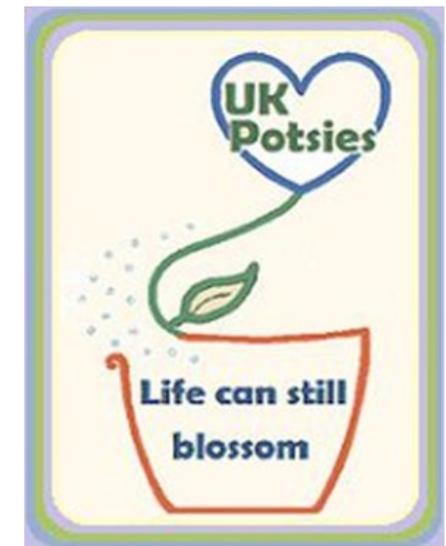


The information in this leaflet cannot in anyway substitute for the care and advice of your physician

Postural Orthostatic Tachycardia Syndrome

www.ukpotsies.org

Information Brochure For POTS Postural Orthostatic Tachycardia Syndrome



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What is Postural Orthostatic Tachycardia Syndrome (POTS)?

Postural Orthostatic Tachycardia Syndrome

(POTS) Is a form of **Dysautonomia** - A dysfunction of the Autonomic Nervous System. It is an invisible illness with a large variety of symptoms that can completely debilitate the sufferer.

It isn't yet known how **POTS** can come about. Some believe it to be genetic, others believe it started after having a virus such as glandular fever or even a total crash in the immune system.

POTS can also be a result of another illness such as Ehlers-Danlos Syndrome or vice-versa. For some the reason for having **POTS** is unknown and it all remains a mystery. This is highly frustrating and as a result can cause depression and severe anxiety as the symptoms themselves can be upsetting and at times very worrying.

Extreme highs and lows in blood pressure, palpitations and a racing heart, dizziness, constant fainting (**in some but not all!**) and chronic fatigue are only some of the symptoms of **POTS**.

POTS is a form of Dysautonomia-

Dysautonomia is where the Autonomic Nervous System is dysfunctional. The ANS controls all the things in the body we don't have to think about- such as fluid balance, digestion, hormone levels, metabolism, body temperature, sleep/wake cycles. When it is dysfunctional, wrong signals/chemicals and messages are sent around the body to the body's major organs. As a result of this everything can be affected from the heart, blood pressure, smell, hearing, vision, breathing, even stomach problems can occur and many more. Some times symptoms can be so severe they can bring on other health conditions.

Testing for POTS

An autonomic test known as a Tilt Table Test (**TTT**) can diagnose those with autonomic problems by monitoring their heart rate and blood pressure as they are slowly moved from a lying to standing position.

Diagnoses

Diagnosis can help lead doctors to decide on a treatment plan which can often include medications to help keep heart rate levels under control and keep the blood pressure from dropping. Many patients also find physiotherapy very helpful in regaining their strength and maintaining their joints and muscles. If you are concerned or worried about symptoms you are experiencing speak to your doctor and ask to have your concerns checked out: your heart rate and Blood pressure during postural changes. Also let them know of the research being done with **POTS** ..

For more help and information,

please visit us at:

www.ukpotsies.org