

What is Postural Orthostatic Tachycardia Syndrome (POTS)?

POTS affects how your body adjusts to standing.

- Your heart starts beating much faster than normal.
- Blood pressure stays about the same.

POTS:

- Is more common in younger people, especially women
- Often interferes with daily activities
- Affects more than just the heart

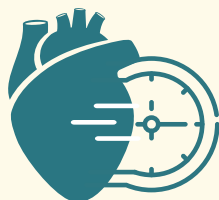
What it feels like

Symptoms develop or get worse when sitting upright or standing and improve when lying down.



Feeling generally unwell

Fast, pounding heartbeat



Dizziness, lightheadedness



Feeling faint, fainting



Difficulty exercising



Fatigue



Nausea, vomiting



Trouble thinking clearly (brain fog)



How POTS is diagnosed

Your care team will:

- Ask about symptoms and when they occur
- Measure your heart rate and blood pressure while lying down and standing
- Consider other causes

Tell your care team if you feel worse when standing for long periods or notice new symptoms.

Managing POTS

Helps improve blood flow to the heart and ease symptoms:



Drink more fluids

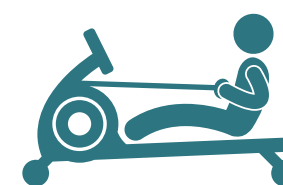


Increase salt intake (up to 2 teaspoons, if recommended)



Wear compression garments (helps push blood up to the heart)

Gradually be more active with non-upright exercise



Ongoing care, peer support

Medicines may help



What happens in the body when moving from lying down to standing

1

Blood can pool in your lower body (legs and pelvis).

2

Less blood returns to your heart.

3

Heart rate quickens to keep blood flowing.

30+ bpm

within 10 min

Treatment helps more blood return to the heart.

For more information, visit [CardioSmart.org/POTS](https://www.cardiosmart.org/POTS)
@ACCinTouch #CardioSmart

