

CHEAT SHEET FOR POTS

POTS SYMPTOMS

Symptoms may affect multiple organ systems.

- Orthostatic intolerance
- Dizziness
- Lightheadedness
- Headaches/Migraines
- Cognitive impairments
- Sleep abnormalities
- Neuropathic pain
- Fatigue
- Blood pooling in the extremities
- Light sensitivity in the eyes
- Abdominal pain
- Gastroparesis
- Rapid gastric emptying
- Hypersensitivity of the skin

TREATING POTS SYMPTOMS

It seems reasonable to treat patients with...

- 2-3 L of Water and 10-12 g NaCl
- Structured exercise program
- 2 L IV Saline
- Multidisciplinary approach
- Fludrocortisone/Pyridostigmine
- Midodrine/low-dose propranolol
- Clonidine/alpha-methyldopa

DIAGNOSING POTS

80% of POTS patients have been misdiagnosed.

- Complete history and physical exam with CBC and thyroid
- 12-lead EKG to rule out long Q-T syndrome
- Detailed autonomic testing: tilt table or stress test or Poor man's tilt table (standing test)
 - Adults: heart rate increases 30 bpm, stable BP
 - Children: heart rate increases 40 bpm, stable BP

COMMON COMORBIDITIES

Some are more common than others.

- Chronic fatigue syndrome
- Mast cell activation
- Chiari malformation
- Ehlers-Danlos syndrome
- Lyme disease
- Cervical stenosis
- Addison's disease
- Epstein Barr syndrome
- Myalgic encephalomyelitis
- Sjogren's syndrome
- Syringomyelia
- Median arcuate ligament syndrome