

# CHEAT SHEET FOR POTS

#### **POTS SYMPTOMS**

# Symptoms may affect multiple organ systems.

- Orthostatic intolerance
- Dizziness
- Lightheadedness
- Headaches/Migraines
- Cognitive impairments
  Gastroparesis
- Sleep abnormalities
- Neuropathic pain

- Fatigue
- Blood pooling in the extremities
- Light sensitivity in the eyes
- Abdominal pain
- · Rapid gastric emptying
- · Hypersensitivity of the skin

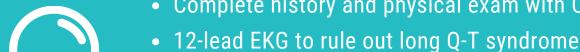
### TREATING POTS SYMPTOMS

#### 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
- Detailed autonomic testing: tilt table or stress test or Poor man's tilt table (standing test)
  - Adults: heart rate increases 30 bpm, stable BP
  - o Children: heart rate increases 40 bpm, stable BP

#### **COMMON COMORBIDITIES**

#### Some are more common than others.

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

