Dear **School Principal**,

I am writing a letter of support for a 504 on behalf of \_\_\_\_\_\_\_\_\_\_, who has been diagnosed with postural orthostatic tachycardia syndrome (POTS). In POTS, the adolescent can suffer from a wide range of symptoms that are ultimately connected by the dysfunction of the autonomic “automatic” nervous system. Some symptoms are related to improper blood flow to the brain including dizziness, lightheadedness, headaches, and cognitive impairments (brain fog), and fainting. Adolescents with POTS may also develop insomnia, fatigue, neuropathic pain, light and/or noise sensitivity, abdominal pain, and chest pain among others.

Developing POTS is a game changer for this student and their family. While it is an invisible illness, the symptoms experienced can be life altering. A person with POTS uses three times more energy to stand than normal and even minor movements around the house, including eating meals and showering, can be exhausting and increase symptoms.The quality of life of a person with POTS has been compared to those with congestive heart failure or chronic obstructive pulmonary disease (COPD).

Because of this, frequent school absences are common for students with POTS. Like many others with POTS, \_\_\_\_\_\_ may need accommodations to maintain her academic career. Modification or elimination of physical education classes and other efforts to minimize the number of steps taken throughout the school day is essential to prevent further fatigue. Please allow \_\_\_\_ access to fluids and salty snacks throughout the day, and try to minimize long periods of standing as this will exacerbate symptoms. In the case of extended absences, please prioritize major assignments be flexible with deadlines. In some cases, a home tutor is also needed.

If you have any questions, please don’t hesitate to contact me.

Sincerely,

**Your Doctor**