

# Do You Have POTS or Autonomic Dysfunction? Here's How to Find Out and Get Help

Postural tachycardia syndrome (POTS) is a condition that causes your heart rate to increase abnormally when you stand up from a lying or sitting position. This can lead to symptoms such as dizziness, lightheadedness, heart palpitations, and fatigue.

Autonomic dysfunction is a broader term that refers to any condition that affects the autonomic nervous system. The autonomic nervous system controls involuntary functions such as heart rate, blood pressure, and digestion. When the autonomic nervous system is not functioning properly, it can lead to a variety of symptoms, including those associated with POTS.

The symptoms of POTS and autonomic dysfunction can vary depending on the individual. Some common symptoms include:



## Anxiety and Dysautonomia: Do I Have POTS or Autonomic Dysfunction? by Nicholas L. DePace

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- Dizziness or lightheadedness
- Heart palpitations
- Fatigue
- Shortness of breath
- Nausea
- Blurred vision
- Confusion
- Headaches
- Abdominal pain
- Constipation or diarrhea

Diagnosing POTS and autonomic dysfunction can be challenging, as there is no single test that can definitively diagnose these conditions. However, your doctor may Free Download a variety of tests to rule out other potential causes of your symptoms, such as heart disease, thyroid problems, or anemia.

Some of the tests that may be used to diagnose POTS and autonomic dysfunction include:

- Physical exam
- Blood tests
- Electrocardiogram (ECG)
- Tilt table test

- Autonomic function testing

There is no cure for POTS or autonomic dysfunction, but there are a variety of treatments that can help to manage the symptoms. These treatments may include:

- Lifestyle changes, such as increasing fluid intake, eating small meals, and avoiding caffeine and alcohol
- Medications, such as beta-blockers, calcium channel blockers, and antidepressants
- Physical therapy
- Cognitive-behavioral therapy

Living with POTS or autonomic dysfunction can be challenging, but there are a number of things you can do to manage your symptoms and improve your quality of life. These include:

- Learning about your condition and how to manage your symptoms
- Joining a support group
- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep
- Managing stress

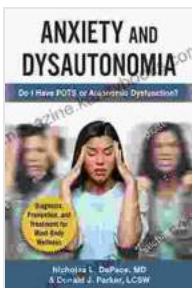
If you are experiencing symptoms of POTS or autonomic dysfunction, it is important to see your doctor to get a diagnosis and start treatment. With

the right treatment, you can manage your symptoms and live a full and active life.

- [National Institute of Neurological Disorders and Stroke](#)
- [Dysautonomia International](#)
- [POTS UK](#)
- [The Mayo Clinic](#)

### Alt attribute for images:

- **A person experiencing dizziness or lightheadedness.**
- **A person getting a tilt table test.**
- **A group of people at a support group meeting.**



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