

POTS

A measurable and manageable form of Orthostatic Intolerance (OI) that is common in ME/CFS

POTS patients will present with various degrees of fatigue, headache, lightheadedness, heart palpitation, exercise intolerance, nausea, diminished concentration, tremulousness, syncope, cold in the extremities, pain, chest pain shortness of breath and other signs of dysautonomia.

Approx 50% of POTS patients have small fibre neuropathy

POTS is associated with hypovolemia and high levels of plasma noradrenalin while standing

Blood pooling causes acrocyanosis



POSTURAL ORTHOSTATIC TACHYCARDIA



Measure heart rate and blood pressure laying down (for 10 min) and standing up at 2, 5 and 10 minute intervals.

POTS is heart rate increase of 30 bpm or more (40bpm in children), or over 120 bpm, within the first 10 minutes of standing, in the absence of orthostatic hypotension.