

Some common
POTS SYMPTOMS

DysautonomiaInternational.org

Have?	Symptom	caused by
<input type="checkbox"/>	Increased heart rate upon standing	
<input type="checkbox"/>	Change in blood pressure upon standing	
<input type="checkbox"/>	Dizziness &/or lightheadedness	
<input type="checkbox"/>	Vertigo	
<input type="checkbox"/>	Syncope (fainting)	
<input type="checkbox"/>	Brain fog	
<input type="checkbox"/>	Weakness & fatigue	
<input type="checkbox"/>	Tingling or burning sensations	
<input type="checkbox"/>	Fevers & hypothermia	
<input type="checkbox"/>	Hot/Cold intolerance	
<input type="checkbox"/>	Fevers & hypothermia	
<input type="checkbox"/>	Poor temperature regulation	
<input type="checkbox"/>	Tremors	
<input type="checkbox"/>	Neuropathic pain	
<input type="checkbox"/>	Hypersensitivity (skin, light, sound)	
<input type="checkbox"/>	Exercise intolerance	

Have?	Symptom	caused by
<input type="checkbox"/>	Headaches & migraines	
<input type="checkbox"/>	Shaking	
<input type="checkbox"/>	Fibromyalgia (in POTS patients, can be SFN)	
<input type="checkbox"/>	Insomnia	
<input type="checkbox"/>	Abdominal pain	
<input type="checkbox"/>	Gastroparesis (stomach paralysis)	
<input type="checkbox"/>	Rapid gastric emptying	
<input type="checkbox"/>	Nausea	
<input type="checkbox"/>	Diarrhea	
<input type="checkbox"/>	Bladder dysfunction	
<input type="checkbox"/>	Racing thoughts	
<input type="checkbox"/>	Shortness of breath	
<input type="checkbox"/>	Heart palpitations	
<input type="checkbox"/>	Chest pain	
<input type="checkbox"/>	Issues with sweating (excessive / not enough)	
<input type="checkbox"/>	Blood pooling (discolored or swollen feet & hands)	

Source: DysautonomiaInternational.org

Disclaimer:

This brochure is made to help people receive quality medical care. Information is from the above sources. POTSinfo.com is not run by a doctor and legally cannot give medical advice. It's recommended to talk with your doctor about what is best for you.