



## Pots - Together We Stand: Riding the Waves of Dysautonomia

By Jodi Epstein Rhum

Paperback. Condition: New. 508 pages. This is the third edition, What is POTS (Postural Orthostatic Tachycardia Syndrome) Have you ever fainted with no explanation, suffered from migraine headaches or been told by a doctor that you may have fibromyalgia or chronic fatigue syndrome If the answer to any of the above is yes, you may in fact have POTS, or Postural Orthostatic Tachycardia Syndrome. POTS is a chronic illness. It is defined as a form of Dysautonomia or malfunction of the autonomic nervous system. The autonomic nervous system controls all of our bodys involuntary actions such as but not limited to: respiration, blood pressure, digestion, body temperature regulation, etc. . As such, when one has a breakdown of the autonomic nervous system, multiple systems are affected and multiple symptoms are present. Symptoms of POTS can include the following: tachycardia, orthostatic intolerance, low blood pressure upon standing, fainting or near fainting, fatigue, general weakness, visual disturbances, insomnia, nausea, joint pain (especially lower back, neck and wrists) inability to regulate ones body temperature, cold hands and feet, chest pains, etc Symptoms can range from mild to debilitating. Symptoms wax and wane and can change at any minute. Each person, who has POTS has...



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