

Name: _____

Date: _____

POTS (Postural Orthostatic Tachycardia Syndrome): is a disorder affecting the autonomic nervous system. POTS is characterized by heart rate increase of 30 bpm or more (or over 120 bpm) within the first 10 minutes of standing on a tilt test (40 bpm for pediatrics). Approximately 50% of POTS patients have a peripheral autonomic neuropathy. Hypovolemia and blood pressure irregularities are common, although not all POTS patients suffer from this.

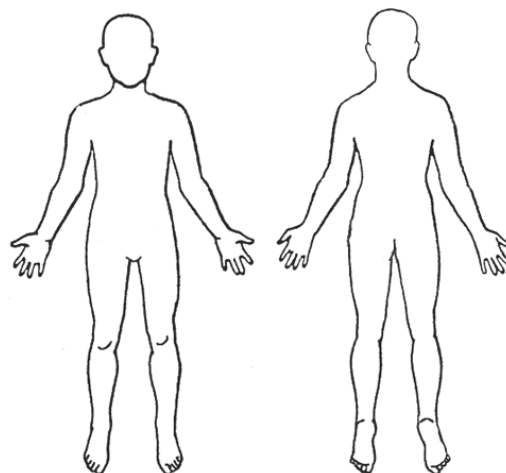
POTS is often associated with many other symptoms of autonomic dysfunction. My main POTS symptoms are listed here.

Please visit www.DysautonomiaInternational.org for physician reference guides, research articles and detailed summaries written by POTS experts at Mayo Clinic and other POTS specialty centers.

My General Symptoms and Severity

(Scale of 1 – 10 with 10 being the worst):

- | | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|----|
| 1) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10) _____ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |



Areas of Pain

