

# Working with PoTS

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A decorative graphic in the bottom-left corner consisting of three curved blue lines that sweep upwards and to the right, with three solid blue dots placed at various points along these lines.

# Hypermobility Syndrome (Ehlers-Danlos III)

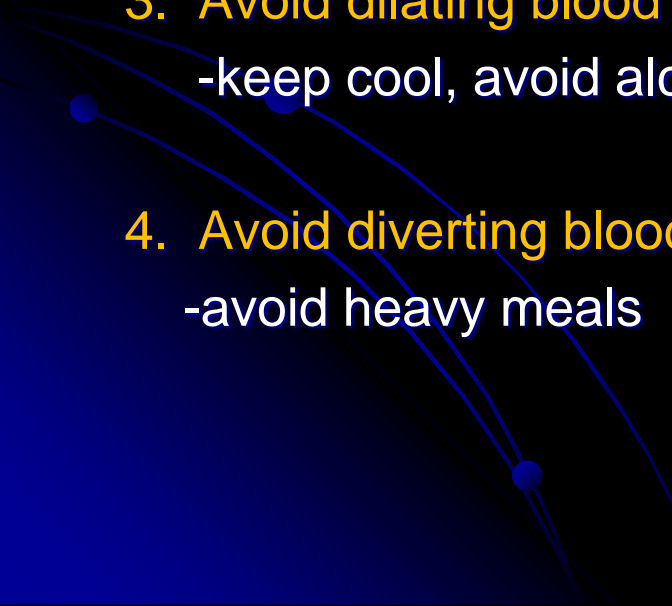
Can cause autonomic problems

eg Postural Tachycardia Syndrome

Vaso-vagal (vasodepressor) Syncope

Also causes joint, disc, tendon, muscle, stomach,  
bowel, skin, bladder problems.

# Treatment aims

1. Increase blood volume / BP
    - salt, fluids, raise head of bed
  2. Reduce gravitation of blood
    - elevate legs, support tights, use muscle pump
  3. Avoid dilating blood vessels
    - keep cool, avoid alcohol
  4. Avoid diverting blood away from heart/brain
    - avoid heavy meals
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# Symptoms – PoTS + vasovagal

- Presyncope/syncope
- Nausea
- Shaking
- Headache
- Palpitations
- Tiredness
- Gastrointestinal upsets
- Poor concentration
- Sweats
- Breathlessness
- Visual disturbances
- 'Purple' hands and feet
- And more!

# Initial measures

- Elevate head of bed
- Keep cool / dress in layers
- Support tights class 3 or 4 / waist high
- ? Caffeine
- Small meals often (unrefined carbs)
- 1/2 litres of fluid per day
- Regular short breaks in the day
- Salt – cellar v Slow Sodium
- Fidget / elevate legs
- Counter manoeuvres
- Keep fit – swim
- Choose your priorities
- Keep colleagues informed