Postural Orthostatic Tachycardia Syndrome (POTS) is a condition characterized by orthostatic tachycardia and associated intolerance. Common types are due to deconditioning. Less common types are neuropathic and hyperadrenergic POTS. Underlying hypovolemia and deconditioning are common in all types. The natural history is that of improving function, although symptoms tend to persist. Management consists of volume expansion (salt and fluids) and exercise. Drug treatment is helpful in the short term, although its value long term is unproven.

Keywords
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- Hypovolemia
- Lightheadedness
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Learn about POTS (postural orthostatic tachycardia syndrome) from Cleveland Clinic. See how POTS affects blood flow and the health problems it causes. POTS is a form of orthostatic intolerance, the development of symptoms that come on when standing up from a reclining position, and that may be relieved by sitting or lying back down. The primary symptom of an orthostatic intolerance is lightheadedness, fainting, and an uncomfortable, rapid increase in heartbeat. Appointments 866.588.2264. Appointments & Locations. Chat with a Representative. Contact Us. Postural Orthostatic Tachycardia Syndrome (POTS) Menu. Overview Diagnosis and Tests Management and Treatment Living With Resources. What is postural orthostatic tachycardia syndrome (POTS) Postural orthostatic tachycardia syndrome (POTS) is a condition characterized by too little blood returning to the heart when moving from a lying down to a standing up position (orthostatic intolerance). Orthostatic Intolerance causes lightheadedness or fainting that can be eased by lying back down. In people with POTS, these symptoms are also accompanied by a rapid increase in heart rate.[1] Although POTS can affect men and women of all ages, most cases are diagnosed in women between the ages of 15 and 50.[1] The cause of POTS is unknown. However, episodes often begin after major surgery, trauma or other illness. Orthostatic Intolerance is characterized by the following symptoms:

- Lightheadedness
- Fainting
- Dizziness
- Weakness
- Fatigue
- Headache
- Shortness of breath
- Nausea
- Palpitations
- Restlessness
- Sweating
- Tingling in the hands or feet

POTS can cause other health problems, such as:

- Cardiovascular disease
- Stroke
- Kidney disease
- Lupus
- Inflammatory bowel disease
- Autoimmune disorders

Case Presentation. A 29-year-old woman had been well until 7 months previously when, after a viral syndrome, she developed palpitations, fatigue, and frequent episodes of light-headedness and near syncope. While much investigation has focused on Neurocardiogenic syncope, a distinct subgroup has emerged characterized by postural tachycardia and exercise intolerance. Postural orthostatic tachycardia syndrome (POTS) is the final common pathway of a heterogeneous group of underlying disorders that display similar clinical characteristics.1.