

Postural Tachycardia Syndrome

Orthostatic intolerance is quite a common problem. This refers to changes in body position. Normally, the body responds to this by stabilising blood pressure etc. within 60 seconds.

This is accomplished by changes in heart rate (increase of 10-15 beats/minute) and blood pressure.

However, in people with orthostatic intolerance, there is excessive heart rate increase on standing up.

There will therefore be an impact on the cardiovascular system as a whole as well as in hormone levels involved with blood pressure regulation.

This may give rise to the following symptoms:

- Excessive fatigue
- Exercise intolerance
- Recurrent syncope (fainting) or near syncope
- Dizziness
- Nausea
- Tachycardia (rapid heartbeat)
- Palpitations
- Chest discomfort
- Shortness of breath
- Weakness - most noticeable in the legs
- Visual Disturbances: blurred vision/tunnel vision/'greying out'
- Gastrointestinal problems
- Migraines and other headaches

POTS Syndrome

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- Feeling tremulous
- Mood Swings