

Mayo Clinic Minute

POTS: What is it?

Video	Audio
Vivien Williams	For patients with POTS, even walking the dog can be a chore.
Jeremy Cutsforth-Gregory, M.D. Neurology Mayo Clinic	“Postural Orthostatic Tachycardia Syndrome or POTS is largely a disorder of autonomic instability.”
Vivien Williams	Mayo Clinic neurologist Dr. Jeremy Cutsforth-Gregory says POTS symptoms vary and can include chronic fatigue, headaches, inability to exercise and digestive problems. But essentially all POTS patients have two specific symptoms in common: a rapid heart rate and dizziness when standing up from a resting position.
Jeremy Cutsforth-Gregory, M.D.	“They develop symptoms of insufficient blood flow to the brain.”
Vivien Williams	A simple test called the head up tilt or tilt table test helps doctors diagnose POTS in minutes.
Vivien Williams	There’s no cure for POTS, but there are ways to manage it. Medication may help, but the keys to feeling better include eating salty foods, wearing compression garments to keep blood from pooling in legs and exercise.
Vivien Williams	By managing symptoms, people with POTS can get back to life. For the Mayo Clinic News Network, I’m Vivien Williams.