

# POTS (Postural Orthostatic Tachycardia Syndrome)

## NASA Lean Test

### What is POTS?

POTS is a medical condition where the heart races when a person stands up. It is part of the family of conditions called dysautonomias – problems with the autonomic (i.e., automatic) nervous system. In addition to a racing heart, symptoms include lightheadedness, dizziness, and fainting.

### How do you test for POTS?

You can easily test for POTS at home. The home test is as good, if not better, than specialized testing like tilt-table testing.

	HR	BP
1. First thing in the morning, before getting out of bed, take your heart rate (HR):	_____	_____
2. Stand and lean against a wall. Take your heart rate upon standing:	_____	_____
3. Repeat your heart rate after:		
1 minute	_____	_____
3 minutes	_____	_____
5 minutes	_____	_____
10 minutes	_____	_____
4. On a separate day, repeat the test measuring BP instead		

### Note:

Have someone supervise in case you get dizzy.

Lie down immediately if you feel like you're going to faint.

You can use a smart watch (or other heart rate monitor) and simply watch what happens to your heart rate for 10 minutes.

You may have POTS if your heart rate spikes to **more than 120 beats per minute** or increases by **more than 30 beats per minute** at any time during the 10 minutes. You can stop the test if you meet criteria: no need to do the full 10 minutes.

## **Neurally Mediated Hypotension (NMH)**

Another type of dysautonomia associated with ME/CFS, FM, and Long COVID is NMH. This is a fancy way of saying low blood pressure (BP). POTS and NMH commonly coexist.

Your BP can drop a bit with POTS but if it drops by more than 15 (top number or bottom), you likely have NMH. NMH, like POTS, usually responds well to salt treatment (see below).

## **Hyperadrenergic POTS**

One subtype of POTS is “hyperadrenergic” POTS. This occurs if your blood pressure *INCREASES* during the NASA Lean Test. Other patients who have (or are being treated for) high blood pressure (hypertension) are also considered to have hyperadrenergic POTS.

If you have hyperadrenergic POTS or hypertension, you should NOT use salt to treat your POTS!

## **Where Can I learn more about POTS?**

[Dr. Arseneau POTS webinar](#)

[Slides from Dr. Arseneau POTS webinar](#)

[POTS - Perspectives for Patients](#)

[Review From a Medical Journal](#)

[Salt for POTS](#)

[Dysautonomia International: POTS](#)

[Lifestyle Adaptations for POTS](#)

[Exercises for Dysautonomia Patients](#)

[Medical Journal Articles on POTS](#)

[POTS UK](#)