

## **What is Dysautonomia or POTS – Postural Orthostatic Tachycardia Syndrome? How is it treated.**

The nervous system is damaged by toxins or galvanism from metals in the mouth. Then they nerves are not telling the veins in the legs and gut to constrict – even just the thighs. After eating the gut veins dilate and they get tired and cold and feel sleepy. So important to take the midodrine before eating up to an hour so it has kicked in and also to take it so it is peaking in the sauna.

I would do hr standing and lying and teach her how to record. If really abnormal buy Veridian Pulse of wrist cuff on amazon. Stimulants and caffeine, nicotine, amphetamines, cocaine and adderall all treat this condition in part as does Prozac. Some psych medications make it worse though.

### **Midodrine and florinef used sequentially.**

Hr is greater than 20 beats faster standing over lying . then consider Tilt.

But start midodrine 2.5 mg po once and if head doesn't itch very much then in 4 hours go to 5 mg. and check the hr at 90 minutes standing or if in office do BP too.

I check lying vitals on these higher doses and you are not maxed out on dose unless the BP is sky high like 200/110 that might be more than you want. 160/90 lying is totally OK.

Then go to 7.5 mg and then in 4 hrs to 10 mg the next day.

The symptoms of scalp itch is goosebumps – an ANS symptom, they can also get a chill all over the body. If unbearable then do not increase and they might get used to it not go down to the previously tolerated dose.

It's job is to create supine hypertension which is exemplified by pounding feeling in head so sit up when they get. They are not to schedule acupuncture or massage when the medication is peaking.

I say put you midodrine at the bedside with Dhea, pregnenolone, thyroid, and cortef if they are on any of these to get the patient out of bed 1 hour after taking them all.

Then if on the med which I write this way :

*Rx 5 mg tabs midodrine*

*Take 1.5 tablets q 4 h while awake and standing not after 7 pm.*

*(4 hrs from their bedtime). # 120*

It comes in 2.5, 5 or 10 mg. I like global and do not like mylan brand because you cannot split. Ask pharmacist if it is flat and easy to split.

Adults usually need 10 mg but teens can definitely need 15 to 25 mg so might need to go higher if still having sx of POTS. Lastly, I add florinef – this raises BP and if too much causes finger and toes to swell.

If these symptoms occur then go off few days and restart at lower dose.

Best at night before bed or split 2 at night and 1 in am if on three pills. Some will get sick form the Flouride aspect of the tablet but not most.

*Rx: florinef .1 mg (only one strength) one po qhs and advance as per md. #90*

Check BP and HR weekly in office or much more often initially still stabilized—I see them daily for three days and then a few days after each floribef change. Increase if still voiding too much, or if HR not as slow as you would like or still craving salt. Most people need ½ tablet, one or two -- sometimes three.

www.POTS website is NDRF.org

Keep in mind that HTN could be from untreated POTS and this is described on the website. Careful of iningestingcoffee and other stimulants with the first couple days of midodrine as these might no longer be necessary once they are treated. Now we want to work over the next couple years to get them less toxic, less dysautonomic and need less mido and florinef by using sauna and supplements and detoxification and removing the moldy clothing or other ongoing exposure.

Panic attacks can be caused by dysautonomic crisis if they stand too long from adrenaline release so always sit them down until stable on the meds. Tilting needs no Isuprel please, and is called 75 degrees head up tilt. Blood just pools with gravity downward.