



Power Over POTS: A Family Guide to Managing Postural Orthostatic Tachycardia Syndrome (Paperback)

By Sheldon Kress

BookBaby, 2018. Paperback. Condition: New. Language: English . Brand New Book. While POTS is among one of the most common medical disorders affecting adolescents and young adults, both health care professionals and patients generally know very little about this strange condition. The majority of POTS (postural orthostatic tachycardia syndrome) patients suffer with mysterious and frightening symptoms while searching for a diagnosis for many years. Without a proper diagnosis, there is no possibility of treatment. Otherwise healthy appearing adolescents, primarily females, frequently report racing hearts, headaches, fatigue, weakness, dizziness, brain fog, visual and abdominal disturbances when upright. Such symptoms play havoc on one's lifestyle by curtailing one's daily activities. Most frequently the onset of POTS symptoms coincides with the puberty growth spurt of adolescence. Adolescence is an important period of developmental change. Puberty is associated with maturing of many biological systems including sexual, brain and nervous systems. POTS can be compared to an adolescent with a newly acquired skyscraper body (tall structure) that has grown quickly - but, the building's electrical wiring system (autonomic functions) has not yet matured fully and is malfunctioning. Rapid growth spurts test the ability of an immature autonomic (automatic bodily functions) system to...



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

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Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**