Postural tachycardia syndrome (PoTS)

Postural tachycardia syndrome (PoTS) is an abnormal increase in heart rate that occurs after sitting up or standing. It typically causes dizziness, fainting and other symptoms.



Typical symptoms of PoTS include:

- [ ] Dizziness or light-headedness
- [ ] Fainting
- [ ] Heart palpitations
- [ ] Shaking and sweating
- [ ] Weakness and fatigue
- [ ] Headaches
- [ ] Poor sleep
- [ ] Chest pain
- [ ] Feeling sick
- [ ] Shortness of breath

Make and Share Free Checklists
checkli.com