Boston CME
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Family and I moved to Rye, NY in 2010, after stints in NYC and Hoboken

Future seemed bright. Married to my husband, Mitch and mother to my five-year-old son, Braden.

Active woman, working at an ad agency in NYC and just settling in new home when I became pregnant via IVF with my second son, Blake at age 39.
Life Before POTS

Had some health “annoyances” but no real concerns until being diagnosed with Celiac in 2008

* Trouble waking up in the morning
* Fatigue feeling all day
* Never liked to stand for long periods of time
* Lethargic
* Instinctively always crossed my legs while seated
* Stints of anxiety and depression
* Sometimes felt water dribbling on my legs, but they were dry to the touch
Pregnant with my second son, placed on bed rest
1 week before birth, I was given clearance to move
Aside from being out of condition, I had severe difficulty moving around
I knew something was very wrong
One week before giving birth I had done research and read about POTS and a light bulb went off
Gave birth to my son

2011 The Year of Major Change
SYMPTOMS – What POTS Felt Like

* Lost my ability to function overnight
* Woke up feeling hungover
* Resting heart rate was 150-160
* Intense Dizziness
* Floaters in my vision
* Headaches
* Pre-syncope upon standing
* Nausea and vomiting
* Debilitating fatigue
* Gastrointestinal issues
* Insomnia
* Anxiety
* Depression
* Adrenaline rushes
* Inability to hold in urine – constant need to urinate
Lack of information or medical awareness of POTS deeply affected my mental health, causing fear, anxiety and depression.

Rejection self diagnosis by medical community was deplorable and insulting - told I had CFS, anxiety, post partum depression but no validation of POTS as a possibility.

Numerous doctors, numerous incorrect evaluations:
- Cardiologists
- Neurologists
- Primary Care Physician
- Psychiatrist
- Post-partum specialist
Repeated misdiagnosis from numerous highly rated NYC medical institutions
Doled out anti-anxiety and anti-depressant medications
Diagnosis? Post-Partum Depression
POTS diagnosis came from a cardiologist in NJ
Day 1 – How To Proceed

- Exercise prescribed to get my heart rate up
- Drink copious fluids
- Add extra salt to diet
- How to accomplish this in my state?
- Trial and error – very small increments
- P90X
Swim everyday as a protocol
Still working on daily regime for my health
Some symptoms had subsided, others still troubling
Experimenting with medications (Zoloft 50mg, Metoprolol, 25mg, Trazadone, 100mg, Xanax, .5 mg

6 Months Later
Year 2 and 3
My Daily Regime

- 1 teaspoon of warm Celtic salt water every morning
- 60-80 ounces of water and additionally adding salt to drinks and foods
- Made trip to Ohio to see Dr. Blair Grubb
- Began building up to orthostatic, cardiovascular exercise
- Treadmill – began in small increments
Daily cardio exercise for 30 minutes
Workout 3 days a week with a trainer doing circuit training, building core strength and weight baring exercises to build large muscle mass
Walk 5+ miles a day
Reiki once a week
Meditate regularly
Went back to school and earned a degree in integrative nutrition and have my own practice
How Can You Help?

* Awareness! Knowing about POTS and dysautonomia first step to helping patients
* Early diagnosis is key!
* Key threshold diagnostic tests in the office
* POTS is a puzzle: recognizing uncorrelated and multiple symptoms can greatly help patients improve by figuring out the correct protocol early on
* Can help reduce stress, mental and physical anguish and frustration of going undiagnosed
Knowledge is Power!

* Having tips to give patients can be impactful adding salt, fluid intake, proper nutrition, pursuing exercise in a moderate way-can help patients ameliorate some of the more acute symptoms and give hope to someone with a recent diagnosis
* The medical community wasn’t aware
* I listened to my body
* There were things I could do to help ameliorate my symptoms
My goal is bring awareness to the general population and doctors and raise funds for research

Incorporating POTS and dysautonomia in the medical schools curriculum

Inform patients about lifestyle changes – nutrition, exercise - for example I eliminated gluten from my diet
Life Reclaimed