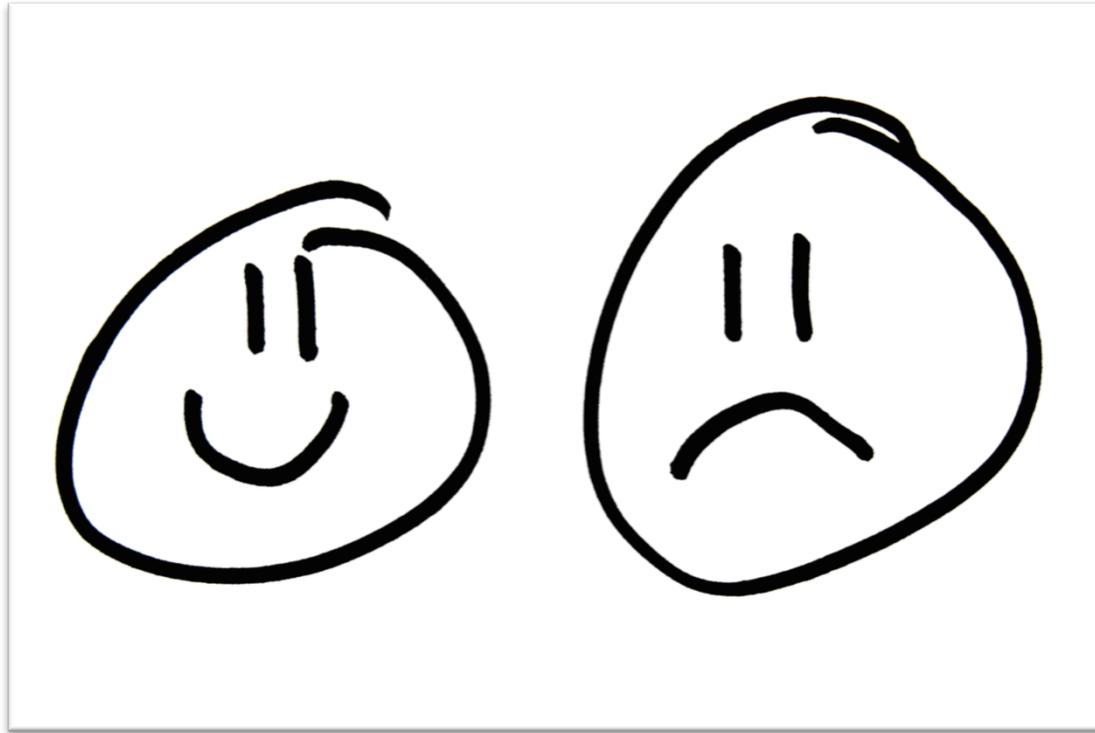


I AM
A POTSie
GIRL!

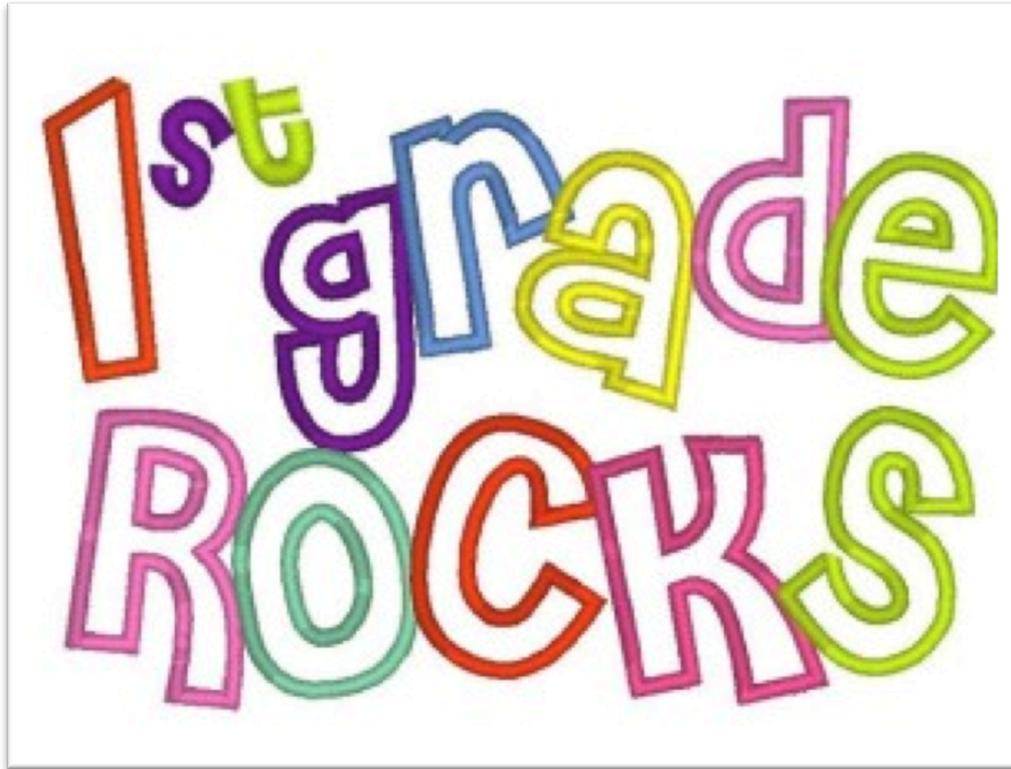




I started not feeling good in preschool. I even fainted! Fainting is when there is not enough blood that goes to your brain and you lose 'consciousness'.



Since then, I have had to do A LOT of different tests and get my blood checked A LOT of times. Good news: everything checked out OK. Bad news: I still didn't feel good.



When I began first grade it got much worse. I felt sick more often and it was hard for me to be in class.



We did more testing and finally found some good doctors. A cardiologist at Children's Hospital. (A cardiologist takes special care of your heart.) And a neurologist at Cleveland Clinic, in Ohio. (A neurologist takes special care of your brain and nervous system.)

They found out what was causing me to be sick by doing a Tilt Table Test. I had to lie down for awhile and then they 'tilted' me back up. I was strapped to the table so I would not slide down! They wanted to know what my heart and blood pressure was doing.





And finally, we had an answer! Early this year in January, my neurologist, Dr. Moodley diagnosed me with Dysautonomia: **POTS**.

Dis-auto-no-me-a

Dysautonomia is a big word. You can say it like this: **Dis-auto-no-me-a**. It means all of the things that your body does automatically does not function correctly. Like how fast your heart beats, your blood pressure (pushes blood to the right part of your body at the right times), your body temperature and other things.

See this page? This is what I have. Can you see it?

Sometimes people say that **POTS** is an 'invisible illness'. And you can't see it. That is why you might look at me and say: 'You look good!'. But, I don't feel good and there are a lot of things happening inside that make me feel bad.





Don't worry, you can't catch **POTS** like you can catch a cold. Doctors do not know yet the true cause—why I might have it. But with more awareness and support, they can do more research. That means they can study **POTS** and find out more! Maybe even a cure!

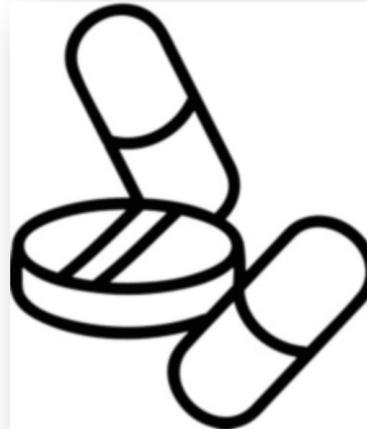
- ✓ Dizzy
- ✓ Migraine
- ✓ Chest hurts
- ✓ See funny lights
- ✓ Tummy hurts
- ✓ Throat hurts
- ✓ Heart beats fast
- ✓ Heart beats slow
- ✓ Tired
- ✓ Hard to exercise/
play
- ✓ Funny vision
- ✓ Numbness
- ✓ Joint hurts
- ✓ Things bother my
skin
- ✓ Muscles hurt
- ✓ Fizzies
- ✓ Light bothers me
- ✓ Noises bothers me
- ✓ Ringing in my ears
- ✓ Brain fog
- ✓ I forget
- ✓ I get scared or
worried
- ✓ And more...

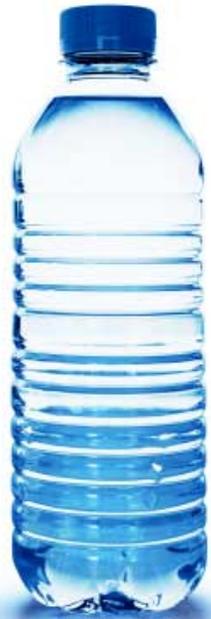
POTS makes me have these symptoms...

POTS is a chronic illness. That means I may have it for awhile. To help me feel better, I have to do this everyday:

- ✓ Exercise
- ✓ Take medicine
- ✓ Take salt tablets
- ✓ And drink LOTS of water (2L – 3L)

- ✓ Eat healthy; salty snacks
- ✓ No chocolate





Salt and water are very important for me because it helps me have good blood pressure. Blood pressure pushes blood to different parts of my body, like my brain, my heart, my stomach, and my arms and legs. Everywhere, so my body does what it needs to!

But, having
Dysautonomia/
POTS also
means I'm just
ME!



If you have any questions, you can have your mom and dad look at these websites, or ask me!



Dysautonomia Youth Network of America, Inc.
Promoting Awareness, Support, Research and Recovery
dynainc.org



POTS SUPPORT Southeast Michigan

DYSAUTONOMIA INTERNATIONAL



dysautonomiainternational.org



dinet.org