



AWARENESS



ADVOCACY



ADVANCEMENT

Dysautonomia International Resources

FOLLOW US:

Facebook: [@dysautonomiainternational](https://www.facebook.com/dysautonomiainternational)

Instagram: [@dysautonomiaintl](https://www.instagram.com/dysautonomiaint)

Twitter: [@dysautonomia](https://twitter.com/dysautonomia)

QUICK LINKS:

What is dysautonomia?

dysautonomiainternational.org/whatisdys

What is POTS?

dysautonomiainternational.org/POTS

Find a support group:

dysautonomiainternational.org/support

Find a doctor:

dysautonomiainternational.org/doctor

Dysautonomia-friendly exercise tips:

dysautonomiainternational.org/exercise

Healthy high-salt diet tips:

dysautonomiainternational.org/salt

Compression stocking tips:

dysautonomiainternational.org/stockings

Autonomic Disorders Video Library:

vimeo.com/dysautonomia

Donate:

dysautonomiainternational.org/donate