

Common Symptoms of Dysautonomia and POTS

- ☐ Fatigue
- ☐ Exercise intolerance
- ☐ Light-headedness/dizziness upon standing (pre-syncope)
- ☐ Fainting upon standing (syncope)
- ☐ “Brain fog” and difficulty concentrating
- ☐ Sleep disturbances
- ☐ Headaches
- ☐ Rapid heart rate (tachycardia) when standing up
- ☐ Awareness of heart beating (palpitations)
- ☐ Gastrointestinal issues like nausea, bloating, diarrhea, or constipation
- ☐ Subjective shortness of breath
- ☐ Difficulty tolerating an upright posture (orthostatic intolerance)
- ☐ Tremors
- ☐ Excessive thirst – usually to the degree that people carry water with them
- ☐ Sweating abnormalities (excessive or insufficient sweating)
- ☐ Mood swings, anxiety, and depression
- ☐ Skin sensitivity, pins and needles, or temperature dysregulation - usually above the waist
- ☐ Bladder issues like frequent urination
- ☐ Chest pain
- ☐ Weakness
- ☐ Blurred vision
- ☐ Chest discomfort

The hallmark features are light-headedness, dizziness, and fainting upon standing up, along with a rapid heart rate. Other common symptoms include fatigue, brain fog, nausea, headaches, and gastrointestinal issues.

This is a long list, and most things on it have many potential causes. Just because you have one (or even a lot) of these symptoms does not mean you have a Dysautonomia.

Fortunately, very few people will have all or even most of the symptoms listed, but if you have a number of them, it is worth considering that maybe Dysautonomia may be causative and investigating further.

