

## Fast Facts

### Dysautonomia

- Also called autonomic dysfunction or autonomic neuropathy
  - Name for a group of disorders
- Involves autonomic nervous system (ANS) not working as it should, meaning your nerves don't send or receive messages, or the message isn't clear
- ANS is the part of your nervous system that controls bodily functions that you don't have to think about, such as heart rate, blood pressure, breathing, skin temperature, digestion, etc.
  - Relatively common
  - Can be present at birth or develop later
- Symptoms appear suddenly or gradually and range from mild to severe
  - Both men and women are affected equally
  - If it occurs on its own, it's called primary dysautonomia
  - If it's the result of another disease, it's called secondary dysautonomia

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Orthostatic intolerance (can't stand up for a long time without feeling dizzy/faint)  <i>Other:</i> -Balance problems -Noise/light sensitivity -Shortness of breath -Chest pain/discomfort -Dizziness -Lightheadedness -Vertigo -Swings in body and skin temperature -Ongoing tiredness -Visual disturbances (blurred vision) -Difficulty swallowing -Nausea/vomiting -Constipation -Fast/slow heart rate -Heart palpitations -Brain fog/ forgetfulness/ can't focus -Significant fluctuations in heart rate/blood pressure -Weakness -Mood swings -Fainting	<i>Goal:</i> Manage symptoms to prevent them from getting worse  -Increase daily water intake -Add extra salt (3–5 grams/day) to diet -Sleep with head raised about 6 – 10 inches higher than body  <i>Medications:</i> -Fludrocortisone -Midodrine	-Keep a diary of symptoms, possible triggers, and how you're feeling emotionally  -Don't smoke/drink alcohol -Avoid caffeine -Eat a healthy diet -Maintain a healthy weight -Get plenty of good quality sleep -Listen to what your body is telling you it needs (ex. rest if you're feeling tired) -Stand up slowly and, if you feel dizzy, sit/lie down and elevate your feet -Wear compression stockings -Don't sit/stand for long periods -Avoid heat

<ul style="list-style-type: none"><li>-Sweat less than normal or not at all</li><li>-Sleeping problems</li><li>-Migraines/frequent headaches</li><li>-Dehydration</li><li>-Frequent urination</li><li>-Incontinence</li><li>-Erectile dysfunction</li><li>-Low blood sugar</li><li>-Exercise intolerance</li></ul>		
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