



COPING STRATEGIES FOR PATIENTS WITH ORTHOSTATIC HYPOTENSION (DYSAUTONOMIA)

1. Stay well hydrated. When feeling lightheaded, drink 8 to 16 ounces of water with a pinch of salt added.
2. Avoid alcohol.
3. Avoid heavy meals. Try to eat small frequent meals low in fat and high in fiber.
4. Lift the head of the bed by 8 inches to avoid high blood pressure at night.
5. Posture Changes: To decrease lightheadedness when standing, try standing slowly, in stages. It may also help to flex your feet and clench your fists repeatedly for a few seconds before standing up to increase blood flow. After you stand up, try tensing your leg muscles while crossing one leg over the other a few times to increase blood pressure.
6. Wear thigh-high moderate compression stockings.
7. Practice gentle aerobic exercises and leg strengthening exercises. Water aerobics are excellent. Swimming is also beneficial. Sitting, strengthening exercises are safest, for example, recumbent equipment such as rowers and bikes.