



### DYSAUTONOMIA TREATMENT

#### NUTRITION

- Drink 128oz (approximately 4L) of fluid daily.
- Consume at least 2-4g of sodium daily (salty foods, electrolyte supplements, or over-the-counter salt tablets).
- Avoid alcohol and caffeine.
- Eat smaller, more frequent meals high in fiber rather than larger meals.

#### MEDICAL DEVICES

- Wear thigh-high compression stockings (20-30 mmHg)
- Wear an abdominal binder.

#### PHYSICAL ACTIVITY

- Hydrate with 16oz fluid (can add electrolytes) 30 minutes before any physical activity.
- Purchase a heart rate monitor and know your typical heart rate in different positions.
- Within 3-5 minutes of exercise, you should be able to recover your starting heart rate; if not, adjust the duration or amount of exercise.
- Exercise programs should focus on supine/recumbent exercises before progressing to upright/standing positions.
- Exercising in a warm pool or using a rowing machine is beneficial.
- Heart rate during exertion should not exceed 70% of the maximum heart rate (220- age). Alternatively, use the BORG rate of perceived exertion scale and do not exceed 6-7. If you exceed this range, adjust the duration or amount of exercise.
- Warm-up and cool-down sessions are extremely important.
- Incorporate deep breathing exercises with a cool-down to recover heart rate.
- Avoid exercising in increased heat and humidity.

#### MINDFULNESS

- Avoid stimuli that cause heart rate exacerbations.
- Incorporate meditation and yoga into your daily routine.
- Seek psychological support or join support groups.

#### ONLINE RESOURCES

- Dysautonomia International Patient Resources:  
<http://www.dysautonomiainternational.org/page.php?ID=43>
- CHOP/DALLAS POTS Exercise Program:  
[http://www.dysautonomiainternational.org/pdf/CHOP\\_Modified\\_Dallas\\_POTS\\_Exercise\\_Program.pdf](http://www.dysautonomiainternational.org/pdf/CHOP_Modified_Dallas_POTS_Exercise_Program.pdf)  
*For more information on comprehensive treatment programs, please ask your ANC provider.*