

# Orthostatic Hypotension

**Orthostatic Hypotension** is a form of low blood pressure that happens when a person stands after sitting or laying down for an extended period of time. In Individuals with neurological conditions, this is called neurogenic orthostatic hypotension because it's causes have direct ties to the dysfunctions happening In the nervous system.

## **Orthostatic Hypotension Symptoms**

- lightheadedness and dizziness
- fainting
- falls
- weakness and trembling
- foggy thinking
- headache
- nausea
- cold hands and feet
- chest/shoulder pain
- vision changes

## **Parkinson's and Blood Pressure**

- Approximately 33% of PD patients experience difficulties with low blood pressure
- Parkinson's affects the automatic nervous system which controls all of your regulatory body functions

## **Parkinson's and Blood Pressure cont.**

- Some of the regulatory functions that the automatic nervous system controls is breathing, digestion, body temperature regulation, and blood pressure.
- People with Parkinson's also have lower levels of a chemical called norepinephrine - this chemical helps to further regulate your body. Low levels of norepinephrine are also linked to difficulties with low blood pressure
- Some of the Parkinson's medications can also cause low blood pressure as a side effect.

**Tips for Managing Low Blood Pressure** - before trying these tips for managing low blood pressure on your own, always check with your doctor or care team to make sure these are safe options for you

- Drink cold water throughout the day - if you suddenly become dizzy, drinking 6-10 oz of water within a 3-5 minute period may be helpful
- Participate in regular exercise
- Change positions slowly
- Avoid hot environments, such as hot tubs or saunas, for long periods of time
- Increase the amount of salt in your diet - if you suddenly become dizzy, eating a salty snack may be helpful
- Eat smaller and more frequent meals
- Wearing elastic compression socks