

Dysautonomia Symptoms

-Cardiovascular Symptoms: Orthostatic hypotension (dizziness upon standing), tachycardia (fast heart rate), bradycardia (slow heart rate), chest pain, fainting. Postural orthostatic tachycardia syndrome (POTS): an excessive increase in heart rate upon standing, blood pressure fluctuations

-Neurological Symptoms: Brain fog, forgetfulness, difficulty focusing, balance problems, mood swings, headaches, tremors, anxiety, mood swings, sleep disturbances, sensitivity to light and sound

-Gastrointestinal Symptoms: Nausea, vomiting, abdominal pain, bloating, diarrhea, constipation, difficulty swallowing, gastroparesis (delayed stomach emptying).

-Urinary Symptoms: Frequent urge to urinate, urinary incontinence, incomplete bladder emptying.

-Vision Changes: Blurry vision, pinpoint or unusually wide pupils.

-Respiratory Symptoms: Shortness of breath or difficulty breathing.

-Sexual Dysfunction: Ejaculation difficulties, difficulty maintaining erections.

-General: Severe fatigue, weakness, exercise intolerance, stress intolerance, Excessive sweating or lack of sweating, heat or cold intolerance, changes in skin temperature, runny nose, excessive drooling

-Important considerations:

-The severity of symptoms can vary widely.

-Symptoms may fluctuate and worsen with certain triggers (e.g., heat, stress, exertion).

-Because of the wide range of symptoms, dysautonomia can be difficult to diagnose.