

References

An Interprofessional Approach to the Non-Pharmacological Management of Postural Orthostatic Tachycardia Syndrome (POTS)
March 29, 2023

1. Blitshteyn S, Fedorowski A. The risks of POTS after COVID-19 vaccination and SARS-CoV-2 infection: it's worth a shot. **Nat Cardiovasc Res.** 2022;1:1119-1120.
2. Raj SR, Guzman JC, Harvey P, et al. Canadian Cardiovascular Society position statement on postural orthostatic tachycardia syndrome (POTS) and related disorders of chronic orthostatic intolerance. **Can J Cardiol.** 2020;36(3):357-372.
3. Spahic JM, Hamrefors V, Johansson M, et al. Malmö POTS symptom score: assessing symptom burden in postural orthostatic tachycardia syndrome. **J Intern Med.** 2023;293(1):91-99.
4. Harris CI. COVID-19 increases the prevalence of postural orthostatic tachycardia syndrome: what nutrition and dietetics practitioners need to know. **J Acad Nutr Diet.** 2022;122(9):1600-1605.
5. Khullar D, Zhang Y, Zang C, et al. Racial/ethnic disparities in post-acute sequelae of SARS-CoV-2 infection in New York: an EHR-based cohort study from the RECOVER program [published online February 16, 2023]. **J Gen Intern Med.** doi:10.1007/s11606-022-07997-1.
6. Del Pozzi AT, Enechukwu M, Blitshteyn S. Postural orthostatic tachycardia syndrome in primary care: diagnosis, treatment and a case of African-American man presenting with POTS. **BMJ Case Rep.** 2019;12(9):e229824.
7. Fedorowski A, Sutton R. Autonomic dysfunction and postural orthostatic tachycardia syndrome in post-acute COVID-19 syndrome [published online February 2, 2023]. **Nat Rev Cardiol.** doi:10.1038/s41569-023-00842-w.
8. Espinosa-Gonzalez AB, Master H, Gall N, Halpin S, Rogers N, Greenhalgh T. Orthostatic tachycardia after COVID-19. **BMJ.** 2023;380:e073488.
9. Ormiston CK, Świątkiewicz I, Taub PR. Postural orthostatic tachycardia syndrome as a sequela of COVID-19. **Heart Rhythm.** 2022;19(11):1880-1889.
10. Doyle TA, Halverson CME. Use of complementary and alternative medicine by patients with hypermobile Ehlers-Danlos Syndrome: a qualitative study. **Front Med (Lausanne).** 2022;9:1056438.
11. Conti V, Corbi G, Sabbatino F, et al. Long COVID: clinical framing, biomarkers, and therapeutic approaches. **J Pers Med.** 2023;13(2):334.
12. Benjamin J, Sim L, Owens MT, Schwichtenberg A, Harrison T, Harbeck-Weber C. Postural orthostatic tachycardia syndrome and disordered eating: clarifying the overlap. **J Dev Behav Pediatr.** 2021;42(4):291-298.
13. Tuck CJ, Sultan N, Tonkovic M, Biesiekierski JR. Orthorexia nervosa is a concern in gastroenterology: a scoping review. **Neurogastroenterol Motil.** 2022;34(8):e14427.

14. Sheldon RS, Grubb BP 2nd, Olshansky B, et al. 2015 Heart Rhythm Society expert consensus statement on the diagnosis and treatment of postural tachycardia syndrome, inappropriate sinus tachycardia, and vasovagal syncope. *Heart Rhythm*. 2015;12(6):e41-e63.
15. Snapper H, Cheshire WP. Oral and intravenous hydration in the treatment of orthostatic hypotension and postural tachycardia syndrome. *Auton Neurosci*. 2022;238:102951.
16. Garland EM, Gamboa A, Nwazue VC, et al. Effect of high dietary sodium intake in patients with postural tachycardia syndrome. *J Am Coll Cardiol*. 2021;77(17):2174-2184.
17. Rich EM, Vas A, Parsons TD, Krone R, Goodman BP. Functional status in postural tachycardia syndrome. *Br J Occup Ther*. 2022;85(6):418-426.
18. Rich EM, Vas A, Goodman BP. Postural tachycardia syndrome: rehabilitation needs of an underserved population. *Arch Phys Med Rehabil*. 2018;99(10):e77.
19. Mannan H, Pain CM. Sex adjusted standardized prevalence ratios for celiac disease and other autoimmune diseases in patients with postural orthostatic tachycardia syndrome (POTS): a systematic review and meta-analysis. *Heliyon*. 2023;9(2):e12982.
20. Tu Y, Abell TL, Raj SR, Mar PL. Mechanisms and management of gastrointestinal symptoms in postural orthostatic tachycardia syndrome. *Neurogastroenterol Motil*. 2020;32(12):e14031.
21. Tai FWD, Palsson OS, Lam CY, et al. Functional gastrointestinal disorders are increased in joint hypermobility-related disorders with concomitant postural orthostatic tachycardia syndrome. *Neurogastroenterol Motil*. 2020;32(12):e13975.
22. Zha K, Brook J, McLaughlin A, Blitshteyn S. Gluten-free diet in postural orthostatic tachycardia syndrome (POTS). *Chronic Illn*. 2023;19(2):409-417.
23. Penny HA, Aziz I, Ferrar M, et al. Is there a relationship between gluten sensitivity and postural tachycardia syndrome? *Eur J Gastroenterol Hepatol*. 2016;28(12):1383-1387.
24. Keefer L, Palsson OS, Pandolfino JE. Best practice update: incorporating psychogastroenterology into management of digestive disorders. *Gastroenterology*. 2018;154(5):1249-1257.
25. Breier NC, Paranjape SY, Scudder S, et al. Worsening postural tachycardia syndrome is associated with increased glucose-dependent insulinotropic polypeptide secretion. *Hypertension*. 2022;79(5):e89-e99.
26. Miglis MG, Larsen N, Muppidi S. Mechanisms of post-prandial symptoms in postural tachycardia syndrome and other updates on recent autonomic research. *Clin Auton Res*. 2022;32(2):87-89.
27. Tao C, Lu W, Lin J, et al. Long-term outcomes of children and adolescents with postural tachycardia syndrome after conventional treatment. *Front Pediatr*. 2019;7:261.

28. Boris JR, Moak JP. Pediatric postural orthostatic tachycardia syndrome: where we stand. *Pediatrics*. 2022;149(6):e2021054945
29. Morgan K, Smith A, Blitshteyn S. POTS and pregnancy: a review of literature and recommendations for evaluation and treatment. *Int J Womens Health*. 2022;14:1831-1847.
30. Blitshteyn S, Whiteson JH, Abramoff B, et al. Multi-disciplinary collaborative consensus guidance statement on the assessment and treatment of autonomic dysfunction in patients with post-acute sequelae of SARS-CoV-2 infection (PASC). *PM R*. 2022;14(10):1270-1291.
31. Exercises for dysautonomia patients. Dysautonomia International website. <https://dysautonomiainternational.org/page.php?ID=43>. Accessed March 14, 2023.
32. Moore GE, Keller BA, Stevens J, Mao X, Stevens SR, Chia JK, Levine SM, Franconi CJ, Hanson MR. Recovery from Exercise in Persons with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS). *Medicina*. 2023; 59(3):571. <https://doi.org/10.3390/medicina59030571>.
33. Clinical Management of COVID-19: Living guideline, 13 January 2023. World Health Organization. <https://www.who.int/publications/i/item/WHO-2019-nCoV-clinical-2023.1> Accessed March 21, 2023.
34. Bourne KM, Sheldon RS, Hall J, et al. Compression garment reduces orthostatic tachycardia and symptoms in patients with postural orthostatic tachycardia syndrome. *J Am Coll Cardiol*. 2021;77(3):285-296.
35. Boris JR, Moak JP. Pediatric postural orthostatic tachycardia syndrome: where we stand. *Pediatrics*. 2022;150(1):e2021054945.
36. Halverson CME, Penwell HL, Francomano CA. Clinician-associated traumatization from difficult medical encounters: results from a qualitative interview study on the Ehlers-Danlos Syndromes. *SSM Qual Res Health*. 2023;3:100237
37. Mittal N, Portera A, Taub P. Improvement of hyperadrenergic postural orthostatic tachycardia syndrome (POTS) with methylated B vitamins in the setting of a heterozygous COMT Val158Met polymorphism. *BMJ Case Rep*. 2021;14(11):e245012.