



## "A Ray of Hope"

### Dysautonomia Awareness

**Dysautonomia** is a medical term that is used to describe a group of conditions that are caused by a malfunction of the Autonomic Nervous System (ANS). The ANS is a very involved and complicated system that regulates all of the unconscious functions of our bodies. This includes our cardiovascular system, gastrointestinal system, urinary system, and endocrine system along with many other functions such as metabolic processes, temperature regulation, respiration, etc. Orthostatic intolerance (the inability to remain upright) is a hallmark of multiple forms of dysautonomia. Each dysautonomia case is unique. Symptoms are typically invisible to the untrained eye, can range from mild to debilitating, and on rare occasions can be life threatening. Treatment must be individualized and may include pharmacological and non-pharmacological methods. Symptoms of dysautonomia conditions may include: Tachycardia (extremely fast heart rate), bradycardia (extremely slow heart rate), palpitations, chest pain, dangerously low blood pressure, wide swings/sudden drops in blood pressure, excessive and overwhelming fatigue, exercise intolerance, severe dizziness, fainting/near fainting, gastrointestinal problems, nausea, insomnia, shortness of breath, anxiety, tremulousness, frequent urination, seizures, cognitive impairment, visual blurring or visual tunneling, and frequent severe migraines. Symptoms may come and go, appear in any combination, and range in severity.



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Dysautonomia Youth Network of America, Inc.

1301 Greengate Court, Waldorf, MD 20601  
301-705-6995

*If I can stop one heart from breaking  
I shall not live in vain;  
If I can ease one life the aching,  
Or cool one pain,  
Or help one fainting robin  
Unto his nest again,  
I shall not live in vain*

-Emily Dickinson

STAND UP FOR DYSAUTONOMIA PATIENTS

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