**INTRAVENOUS SALINE PROVIDES SYMPTOMATIC RELIEF FOR PATIENTS WITH POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME (POTS)**

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**Objectives**: The purpose of this study is to help in understanding of the symptomatic relief achieved by administering IV Saline in patients with POTS.

**Introduction**: Postural orthostatic tachycardia syndrome (POTS) is a form of disorder of the autonomic nervous system. The female to male ratio about 5:1. POTS is associated with a variety of symptoms like headache, lightheadedness, fatigue, palpitations, exercise intolerance, abdominal discomfort, near syncope and recurrent syncope on upright position, diaphoresis and sleep disorder. It appears that blood pooling in the veins of the lower body is a major factor in most POTS patients. This study shows that IV Saline helps in improving fatigue, dizziness, trouble concentrating and head/neck discomfort symptoms in POTS patients.

**Methods:** 15 female patients with POTS treated at our syncope and arrhythmia center were given a questionnaire to file about the severity of their symptoms of fatigue, dizziness (lightheadedness, feeling faint or might black out), head/neck discomfort and trouble concentrating before taking 1-2 liters of IV fluids. Patient were evaluated within 24-48 hours of taking the IV Saline treatment and interviewed in their next follow up appointments to verify any changes in those symptoms.

**Results:**13 patients out of 15 indicated improvement in fatigue for 2-3 days after the IV Saline treatment. 11 patients out of 15 indicated improvement in dizziness (lightheadedness, feeling faint or might black out) in the 2-3 days after IV Saline treatment. 9 patients out of 12 with trouble concentrating indicated improvement in this symptom after IV Saline treatment. 6 out of 13 with head/neck discomfort indicated improvement in their symptom of head/neck discomfort after the IV Saline treatment.

**Conclusion:** Patients with Postural Orthostatic Tachycardia Syndrome who are treated with IV Saline have shown improvement in the severity of their symptoms of fatigue, dizziness, trouble concentrating and head/neck discomfort most noticeable in the 2-3 days after IV Saline treatment.