**TEMPERATURE INTOLERANCE AS A COMMON SYMPTOM IN POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME**

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**Introduction**: Postural Orthostatic Tachycardia Syndrome (POTS) is a disorder of the Autonomic Nervous System where the body loses the functional capability to maintain the rhythm of the heart at equilibrium as the body changes positions. POTS is a subset of orthostatic intolerance that is associated with the presence of excessive tachycardia on standing. It has a higher prevalence in Females.

Thermoregulation is a function of the autonomic nervous system that controls the amount of heat loss at the periphery by regulating the peripheral blood flow and circulation. The aim of this study is to identify the correlation between Temperature intolerance and POTS.

**Methods:** 83 patients with POTS that are treated at our syncope and arrhythmia center, were randomly selected to fill a Temperature intolerance questionnaire containing “Yes or No” questions about having heat intolerance, cold intolerance, excessive sweating and the presence of medically associated conditions (Hypothyroidism, Hyperthyroidism, Anorexia, Menopause, Anemia, Multiple Sclerosis, Systemic Lupus Erythematous, Hashimoto’s Thyroiditis, Raynaud’s Syndrome).

**Results:**57 patients out of 83 patients, are females (68.67%, n = 57), 26 are males (31.32%, n = 26). A total of 79 out of 83 (95. 43%) patients had Temperature Intolerance in general ,43 ( 52% ) had both Cold and Heat Intolerance , 20 ( 24.09% ) had Cold Intolerance alone , 16 (19.27%) had Heat Intolerance alone , 50 ( 60.24% ) had Excessive Sweating . 16 (19.2%) had Hypothyroidism, 1 (1.2%) had Hyperthyroidism, 0 (0%) had Anorexia, 2 (2.4%) had Menopause, 14 (16.8%) had Anemia, 0 (0%) with Multiple Sclerosis, 0 (0%) had Systemic Lupus Erythematous, 4 (4.8%) had Hashimoto’s Thyroiditis, 11 (13.25%) had Raynaud’s Syndrome).

**Conclusion:**This study shows a high incidence of Temperature Intolerance in patients with POTS, which may be due to the disorder of the autonomic nervous system associated with POTS. In POTS patients the highest incidence is of those who are both Cold and Heat Intolerant, therefore indicating that POTS patients have a general over-sensitivity to temperature.