

SHE MIGHT LOOK LIKE ANY OTHER TEEN, BUT GABBY IS A POTS & EDS WARRIOR.



Gabby has Postural Orthostatic Tachycardia Syndrome (POTS) and Ehlers-Danlos Syndrome (EDS)

Just one of these diagnoses will completely alter one's life. However when they combine, daily life becomes extremely difficult.

To her peers she looks just like any other teen with aspirations of a career in music. She has even received a Young Artist Silver Award for Excellence in Visual Arts for her jewelry making. However, people and doctors don't necessarily see or understand all the daily struggles of people like Gabby.

For most doctors, Gabby's medical history is hard to comprehend. This complicates finding helpful treatments for her. The reason is simple; her symptoms all mimic other medical conditions which some believe are impossible, especially in a teen!

Once a person opens their mind and looks at how all the symptoms link together they are able to see how both POTS and EDS are common within the population.

Symptoms of POTS

A form of Dysautonomia

The hallmark symptoms are an increase in heart rate from a flat to upright position of more than 30 beats per minute or to a heart rate greater than 120 beats per minute within 10 minutes from a head-up tilt.

- Lightheadedness
- Dizzy
- Fainting (Syncope)
- Exercise intolerance
- Chronic Fatigue
- Headaches
- Visual Disturbance
- Abdominal pain or discomfort
- Bloating
- Constipation
- Diarrhea
- Nausea
- Vomiting
- Brain fog
- Burnout
- Decreased mental stamina
- Depression
- Impaired concentration
- Sleep disorders
- Flushing
- Overheating
- Cold extremities



**These conditions affect both
Females and Males
All Races
All Age Groups**

**These conditions are not
limited to just these
symptoms.**

Symptoms of EDS

A genetic connective tissue disorder

- Chronic Pain
- Joint Hypermobility
- Lightheadedness
- Chronic sublux
- Chronic dislocation
- Fractures
- Poor wound healing
- Soft velvety, fragile skin
- Chronic Fatigue
- Headaches
- Muscle weakness
- GERD, GI Issues
- Constipation
- Diarrhea
- Bowel ruptures
- Bladder prolapse
- Brain fog
- Anxiety issues
- Depression
- Craniocervical instability
- Sleep disorders
- Spinal issues
- Artery Arterial dissections and ruptures
- Flat feet
- Unstable ankle
- Poor gait
- Vision issues
- Hearing issues

Currently there is no cure for either condition and treatments are limited. If you know someone who has one or both of these, please stop and take 5 minutes to learn about these syndromes. POTS/EDS patients face daily challenges that make them warriors. If you have some or any combination of these symptoms talk to your doctor about POTS and EDS today.

Center for Ehlers Danlos Syndrome Alliance
www.CEDSA.org