



Temperature Intolerance as a Common Symptom in Postural Orthostatic Tachycardia Syndrome

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Abstract:

Postural Orthostatic Tachycardia Syndrome is a Disorder of the Autonomic Nervious System. When a normal Person, stand up from sitting position , pooling down of blood occurs as a result of Gravity , drop of the blood flow to the brain occur as well . As a compensatory mechanism,

the body reacts by peripheral vaso-constriction and increase in the heart rate , in order to maintain sufficient blood flow to the brain. That occurs by activation of the Normal Autonomic Nervious System.

In patients with POTS disease, and as a result of Dys-autonomia, there would be a drop in the blood flow to the brain , without appropraite body response . That means, although there is an increase in the heart rate, still not sufficient to maintain the flowing blood the brain to the point of equilibrium. The patient then starts to experience dizziness, as well as palpitations.

The Autonomic Nervious System is also responsible for body core temperature maintenance. When cold exposure occurs, vaso-constriciton occur to hold on temperature.

When exposure to heat occurs , vaso-dilatation occur to help losing heat. The core body temperature is meant to be around 37 c, which is essential for appropriate body



metabolism reactions.

This study was to prove the correlation between Postural Orthostatic Tachycardia Syndrome and Dys-autonomia.

Biography:

Haitham has completed his Bachelor degree at the age of 24 years from Jordan University of Science of Technology and postgraduate Internship at King Abdullah University Hospital. Currently a Junior Family Medicine Doctor at Jordan University of Science and Technology. He published one paper at the International Academy of Cardiology, Presented at the 3rd Congress on Heart Disease. Done elective cardiology Course at The Heart Beat Clinic in Dallas, Texas .

Australian Medical Council Verified. Passed AMC-MCQ, Done AMC-Clinical and waiting results.

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