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The Correlation between of Medicine and Postural Orthostatic Tachycardia Syndrome (POTS)

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Abstract : Background: Postural Orthostatic Tachycardia Syndrome (POTS) is a form of orthostatic intolerance caused by autonomic dysfunction. POTS predominantly occurs in young women. Regular exercise has proven to improve the organ system functions, including autonomous systems. The aim of this research was to determine the correlation between exercise frequency and POTS in young women. Method: 510 young women (16-23 years of age) were screened. They were obtained by interview and physical examination. The diagnosis of POTS was performed with Active Stand Test (AST) and heart rate measurement using a pulsemeter. There were 29 young women who suffered from POTS. The exercise frequency was obtained by interview. Data was statistically analyzed using Spearman Correlation test. Result: The subjects', who tested positive for POTS didn't perform regular exercise. The Spearman correlation test showed there was a moderate negative correlation between exercise frequency and POTS in young women ($r = -0.487$, $p < 0.00$). Conclusion: There is a moderate reverse correlation between exercise frequency and POTS in young women. Further studies are suggested to develop an exercise program for young who suffered from POTS.

Keywords : POTS, autonomic dysfunction, exercise frequency, young woman
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