

DYSAUTONOMIA

As Explained by Paxton, the Fainting Goat



Rhymes
with KISS

Like a Car



A Girl's
Name



Dys + Auto + No + Mia

When someone has DYSAUTONOMIA, the body does not do all of the things that it should automatically do. This includes how the brain communicates with the heart and how the heart beats or pumps blood throughout the body.

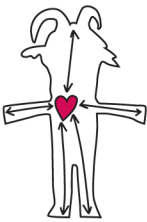
Dysautonomia is often an invisible illness. While a major symptom is fainting (which is very visible), there are many more that people cannot see. Someone with dysautonomia may look fine on the outside while quietly battling sickly feelings on the inside. Altogether, the small steps that it takes to make it through the day can be exhausting. Some symptoms that others don't see from the outside may include dizziness, fatigue, brain fog, pounding heart, pain and nausea. This list is only a small example, as everyone with dysautonomia has a unique set of symptoms.



Why? The autonomic nervous system doesn't work correctly. It controls things that the body should do automatically without us thinking about it.

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When the Autonomic Nervous System Doesn't Work:



Heart Rate and Blood Pressure May go Up, Down or All Around: Everything may be normal one minute. Then a sudden dip in blood pressure or change in heart rate may cause pain or dizziness. While blood flows down to the feet, it has a hard time circulating back up to the head. This all contributes to dizziness, brain fog, weakness and/or fainting. When symptomatic, it may help to lay down with feet elevated above the heart. Some people consume extra salt to help to increase blood volume. For extra circulation support, compression stockings or pants around the legs and stomach can help.



Senses Get Overloaded: Noise and light may cause sensory overload. There may be random visual disturbances. Pupils (and all reflexes) can be slow to adjust to changes. Beware of situations with bright lights and loud, booming noises.



Digestion May Lead to More Symptoms: The digestive process involves the flow of blood around the stomach, so symptoms may increase during and after meals. Excessive bloating and gas can result as well. The larger the meal, the bigger the effect. It can help to graze on small portions throughout the day and avoid large meals.



The Brain Gets Foggy: Concentration involves blood flow, so it can be hard to remember things or concentrate for long periods of time. If the brain does not produce enough chemicals, one may be vulnerable to depression or anxiety. Migraines and nausea may also be common for some.



It's Hard to Stay Hydrated: The body has a hard time staying hydrated. There may be frequent trips to the bathroom as liquid runs straight through the body. Sweat may occur too much, too little or not at all. In addition to extra water, sports drinks may be helpful.



It's Tough to Regulate Temperature: The body has trouble regulating heat and cold. It's easy to get overheated or shivering cold. Sweating malfunctions may add to the trouble of temperature regulation. Avoid long times in heated areas, including prolonged sun exposure. Dressing in layers can help so items can be added or taken off as needed.



Insomnia Strikes: This might sound odd for someone who is so tired. The adrenaline system that causes the fight/flight phenomenon can kick in at the wrong time. This may cause the body to fight sleep when most tired.



Some considerations that may affect symptoms include the time of day, weather and barometric pressure.