

# TABLE OF CONTENTS

i. The Dysautonomia Project	8
ii. Medical Disclaimer	9
iii. Preface by the Authors, Kelly Freeman, MSM, David S. Goldstein, MD, PhD, and Charles R. Thompson, MD	11
iv. Contributors	18
v. How to Use This Book	22
vi. Foreword by David Robertson, MD	26
<b>I. FIVE THINGS TO KNOW</b>	<b>29</b>
1. Battle #1: Most Patients Are Misdiagnosed	30
2. Easy to Assess	34
3. A Meaningful Diagnosis	38
4. Battle #2: Treatment	42
5. Important Expectations	46
<b>II. ABOUT DYSAUTONOMIAS</b>	<b>51</b>
6. How the Autonomic Nervous System Works	52
7. Chemical Messengers of the Inner World	58
8. The Dysautonomia Universe	68
9. Orthostatic Intolerance Spectrum	72
<b>III. ASSESSMENT &amp; DIAGNOSIS</b>	<b>81</b>
10. Clues It Might Be Dysautonomia	82
11. Assessment in the Clinic	86
12. Obtaining the History of the Present Illness, by David S. Goldstein, MD, PhD	92
13. What is Brain Fog?, by Julian Stewart, MD	94
14. Orthostatic Vitals	98
15. The Tilt Table Test	104
16. Lessons Learned: An Interview with Miguel Trevino, MD	108
17. Autonomic Centers and Autonomic Function Testing	112
18. Coexisting Conditions	122



19. Small Fiber Neuropathy, by Kamal R. Chémali, MD	124
20. Autoimmunity in Dysautonomia, by Steven Vernino, MD, PhD	127
21. The Triple Threat: POTS, MCAD, and Connective Tissue Disorders, by Lisa Klimas, MS	131
22. Mast Cell Activation Syndrome, by Lawrence B. Afrin, MD	135
23. Sleep Disorders in the Dysautonomias, by Alan Pocinki, MD, FACP	140
24. Research Study Participation, by Bonnie Black, RN, ANP	143
<b>IV. MANAGING DYSAUTONOMIAS</b>	147
25. Flip the Clinic	148
26. Top Enemies of Dysautonomia, by Charles R. Thompson, MD	154
27. Dear Family, Friends, and Office Staff: Please Read This	160
28. POTS & Depression, by Kelly Freeman, MSM	164
<b>V. TREATMENT OPTIONS</b>	171
29. The #1 Treatment is Education	172
30. Non-Pharmacological Treatments	176
31. Top 10 Non-Pharmacological Treatments	184
32. Pharmacological Treatments	186
33. Top 20 Dysautonomia Drugs	196
34. Managing Pain, by Pradeep Chopra, MD	198
<b>VI. JOIN THE DYSAUTONOMIA PROJECT</b>	205
35. Next Steps	206
36. About the Dysautonomia Project	210
37. We Need Your Help	212
<b>APPENDICES</b>	213
A. Dysautonomia Clinical Assessment Form	214
B. Protocol for Conducting an Orthostatic Vitals Test	216