

# Pediatric Postural Orthostatic Tachycardia Syndrome (POTS) Clinic at Kennedy Krieger Institute

## Who We Are

Postural orthostatic tachycardia syndrome (POTS) is caused by a failure in the autonomic nervous system. This system plays a key role in controlling and regulating the internal organs of the body, including of the cardiovascular, urinary, metabolic, gastrointestinal and endocrine systems. POTS symptoms can range from mild to extremely debilitating. Every POTS case is unique. Treatment must be individualized, and may include pharmacological and nonpharmacological methods.

The Pediatric Postural Orthostatic Tachycardia Syndrome (POTS) Clinic is a collaborative program between Kennedy Krieger Institute and The Johns Hopkins Hospital. This collaboration combines the expertise of both organizations to provide the best outcomes for children with this disorder. We provide medical evaluations and the most recent treatment options designed to improve overall health and quality of life.

## Who We Serve

The clinic provides expert diagnostic services and treatment for children and adolescents with POTS and other associated disorders. POTS affects both males and females, and can cause a variety of symptoms that our team is able to address and treat, including:

- Fast heart rate
- Low blood pressure
- Fainting
- Severe dizziness
- Excessive fatigue
- Migraines and headaches
- Gastrointestinal issues
- Joint and muscle pain
- Anxiety
- Difficulty concentrating



## Our Team

Kennedy Krieger and Johns Hopkins are home to a unique interdisciplinary collaboration of experts in POTS. Our clinicians, research scientists and rehabilitation professionals work together to provide optimal interdisciplinary care for patients. Because POTS can affect many different systems in the body, treating a patient with the disorder often requires the collaboration of a wide range of medical specialists. Key specialists who see our patients include those in the following fields:

- Behavioral psychology
- Physical medicine and rehabilitation
- Physical therapy

Additionally, we can also refer patients to a comprehensive team of specialists, including cardiologists and gastroenterologists, or other specialists as needed.

We are all born with great potential.  
Shouldn't we all have the chance to achieve it?

## Our Treatment Approach

There is not one specific treatment for POTS. Instead, treatment is applied to improve specific symptoms in each individual. Treatment often includes both pharmacological and nonpharmacological interventions. Early intervention with physical and occupational therapy, as well as behavioral psychology for managing and coping with the disorder, is also key to ensuring that children with POTS reach their potential.

## Contact Information

### **Pediatric Postural Orthostatic Tachycardia Syndrome (POTS) Clinic at Kennedy Krieger Institute**

For more information or to schedule an appointment, please call **443-923-9400**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

### **KennedyKrieger.org**

### **Physicians and Healthcare Professionals**

To make a referral, call our Physician Referral Line at **443-923-9403**.

### **Clinic Location**

801 North Broadway  
Baltimore, MD 21205

### **Mailing Address**

707 North Broadway  
Baltimore, MD 21205

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