

Dismissive Doctor Edition

POTS BINGO

If your doctor does these things to dismiss the severity of your symptoms, they may not be qualified to diagnose or treat you.

Any version of “It’s probably anxiety”	Any version of “You look fine” or “You look healthy”	“You can’t have that... it’s very rare”	“You can’t have that... you’re too young / old”	“That’s normal... everyone gets dizzy or light headed”
“It sounds like your vestibular system or vertigo”	“Have you tried... eating more / less?”	“You can’t have it... your blood pressure isn’t [select one] enough.” Options: low, high, stable, or dynamic	“You can’t have that... you do / don’t faint”	“You should see a dietician” is their only suggestion & they don’t feel like there is anything they can do for your medical issue
“That (EDS, SFN, MCAS, tachycardia, or palpitations) is unrelated”	“I’ve never heard of that” or “POTS (or related disorders like EDS) is not real”	<i>Free Space</i> “Your bloodwork is normal. I’m not sure what is going on.”	Refusal to believe test results (example: looking at conclusive TT results & saying “You don’t have POTS”)	“Drink more water” with no other advice
“Do you have an eating disorder?”	“Your body is deconditioned. You just need to exercise more” with no other advice	“It’s just your hormones” with no evidence from labs or suggestion to verify.	“Have you tried... yoga, mindfulness, deep breathing, &/or meditation?”	“Just take supplements” even though your vitamin levels are within normal range
“Let’s do an EKG to check for POTS”	“Why get diagnosed? There is nothing to do for it”	“You should feel fine if you’re not standing”	“There’s no real test for it”	“That’s not really my specialty”

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<p>“Your body is just deconditioned. Try working out”</p>	<p>Any version of “You’re so young & healthy”</p>	<p>“I’d recommend you talk to a therapist or psychiatrist” instead of considering that a patient might have POTS</p>	<p>“You just need to gain / lose weight”</p>	<p>“Your pulse is normal” Vitals were taken only once & it was while you were seated</p>
<p>“You don’t look like a POTS patient”</p>	<p>“Let’s do an EKG to check for POTS”</p>	<p>“That’s something all women have.”</p>	<p>“Passing out & tachycardia is your new normal. Get used to it because there’s nothing medically wrong”</p>	<p>“You should see a dietician” is their only suggestion & they don’t feel like there is anything they can do for your medical issue</p>
<p>“Just stand up slower”</p>	<p>“Are you sure that you don’t have an eating disorder?”</p>	<p><i>Free Space</i> “Your bloodwork is normal. I’m not sure what is going on.”</p>	<p>“You can’t have it... you’re too young / old”</p>	<p>Any version of “It’s probably anxiety”</p>
<p>“That’s normal... everyone gets dizzy or light headed”</p>	<p>“Have you tried... yoga, mindfulness, deep breathing, &/or meditation?”</p>	<p>Refusal to believe test results (example: looking at conclusive TT results & saying “You don’t have POTS”)</p>	<p>“That sounds like vertigo”</p>	<p>“You can’t have it... you do / don’t faint”</p>
<p>“You can’t have it... your blood pressure isn’t [select one] enough.” Options: low, high, stable, or dynamic</p>	<p>“You have what?”</p>	<p>“It will go away when you’re older”</p>	<p>“I’ve never heard of that” or “I don’t believe in POTS (or related disorders like EDS)”</p>	<p>“I can’t send you to the dysautonomia clinic / a specialist until you faint”</p>

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<p>“You can’t have it... you do / don’t faint”</p>	<p>“Your body is just deconditioned. Try working out”</p>	<p>“Just stand up slower”</p>	<p>Any version of “You’re so young and healthy”</p>	<p>“You don’t look like a POTS patient”</p>
<p>“Have you tried... mindfulness, yoga, deep breathing, &/or meditation?”</p>	<p>“Passing out & tachycardia is your new normal. Get used to it because there’s nothing medically wrong”</p>	<p>“I can’t send you to the dysautonomia clinic / specialist until you faint”</p>	<p>“It will go away when you’re older”</p>	<p>“There’s nothing you can do to treat it.”</p>
<p>“You just need to gain / lose weight”</p>	<p>“POTS shouldn’t affect your quality of life.”</p>	<p><i>Free Space</i> “Your bloodwork is normal. I’m not sure what is going on.”</p>	<p>“Just drink more water & consume more salt” with no other advice or recommendations</p>	<p>Any version of “How do you know it isn’t anxiety?”</p>
<p>“Your pulse is normal” Vitals were taken only once time & it was while you were seated</p>	<p>Your heart jumped above 120 bpm out of nowhere. I don’t think anything is wrong. You should exercise more”</p>	<p>“It sounds like vertigo or your vestibular system”</p>	<p>“You should see a dietician” is their only suggestion & they don’t feel like there is anything they can do for your medical issue</p>	<p>“I’d recommend you talk to a therapist or psychiatrist” instead of considering that a patient might have POTS</p>
<p>“There’s no point in testing for it”</p>	<p>“You’re so tired because you’re overweight & not exercising enough”</p>	<p>Nerves (or SFN) have nothing to do with POTS”</p>	<p>“You can’t have it, only women develop POTS.”</p>	<p>You can’t have it... your blood pressure isn’t [select one] enough. Options: low, high, stable, or dynamic</p>

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Any version of “It’s probably anxiety”	“You should feel fine if you’re not standing”	“You can’t have that... it’s very rare”	“Do you have an eating disorder?”	“You have what?”
Any version of “You look fine” or “You look healthy”	“You can’t have POTS... You do / don’t faint”	“You can’t have it... your blood pressure isn’t [select one] enough.” Options: low, high, stable, or dynamic	“Have you tried... eating more / less?”	“You should see a dietician” is their only suggestion & they don’t feel like there is anything they can do for your medical issue
Refusal to believe test results (example: looking at conclusive TT results & saying “You don’t have POTS”)	“That’s not really my specialty”	<i>Free Space</i> “Your bloodwork is normal.”	“You should talk to a therapist or psychiatrist” instead of believing that a patient might have POTS or bother to treat it.	“Drink more water” with no other advice
“Why get diagnosed? There is nothing to do for it”	“I’ve never heard of that” or “POTS (or a related disorder like EDS) is not real”	“That’s normal... everyone gets dizzy or light headed”	“Have you tried... yoga, mindfulness, deep breathing, &/or meditation?”	“Just take supplements” even though your vitamin levels are within normal range
“Let’s do an EKG to check for POTS” POTS is not diagnosed by EKGs/ECGs	“That is unrelated” That is EDS, SFN, MCAS, tachycardia, or palpitations.	“It will go away when you’re older”	“You just need to consume more salt”	“You just need to exercise more” with no other advice.