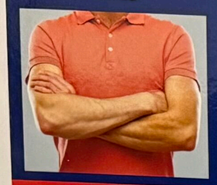
DIAGNOSING POTS

FOLDING ARMS



"PRETZELING" LEGS



LEANING ON WALLS



BED STUDYING



POST-PRANDIAL EXHAUSTION



ABUSE/ADDICTIONS IN POTS PATIENTS







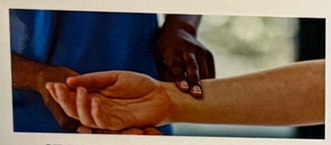






- Vasoconstricting stimulants facilitate cephalad blood flow: caffeine, nicotine, cocaine, amphetamines
- Sugary foods or alcohol are abused to compensate for low cortisol (Tinterra, 1955)
- Narcotics/heroin help Addison's patients feel 'normal.'

TESTING



STANDING HEART RATE TEST

Lie down and rest for 10 minutes, remaining still.
Record resting heart rate (and blood pressure).
Stand up, remain still.
Record heart rate/BP after 3, 5, 10 minutes of standing
Note if BP increases. This is orthostatic hypertension.
Can be a cause of essential hypertension.
Note symptoms such as lightheadedness



TILT TABLE TEST

Looking for postural orthastatic tachycardia syndrome (POTS) - 30 beat change from lying to standing in the first 10 minutes



OTHER TESTS

ACTH stimulation test
Standing aldosterone level
4 salivary cortisols (Sanesco, Quest)
24-hr urine (hormones) - Rhein Lab
Mycotoxins pre- and post-sauna
Alletess mold IgG antibodies panel

CHEMICAL SENSITIVITY ASSESSMENT

POTS & Long COVID patients are often chemically sensitive. (National Academy of Sciences, 2024).
Assess your patients using the BREESI and QEESI inventories.

"BREESI" SCALE

ef Environmental Exposure and Sensitivity Inventory

NOTE: BREESI accurately predicts QEESI scores

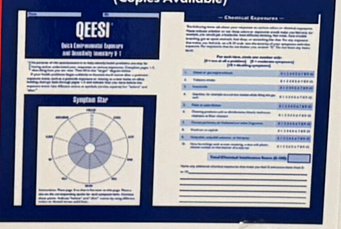
Do you feel sick when you are exposed to tobacco smoke, certain fragrances, nail polish/remover, engine exhaust, gasoline, air fresheners, pesticides, paint/thinner, fresh tar/asphalt, cleaning supplies, new carpet or furnishings? (By sick, we mean: headache, difficulty thinking, difficulty breathing, weakness, dizziness, upset stomach, etc.)

Are you unable to tolerate or do you have adverse or allergic reactions to any drugs or medications (such as antibiotics, anesthetics, pain relievers, X-ray contrast dye, vaccines, or birth control pills), or to an implant, prosthesis, contraceptive chemical or device, or other medical/surgical/dental material or procedure?

Are you unable to tolerate or do you have adverse reactions to any foods such as dairy products, wheat, corn, eggs, caffeine, alcoholic beverages, or food additives (e.g., MSG, food dye)?

"QEESI" SCALE

Quick Environmental Exposure & Sensitivity Inventory, 50-Question Assessment
(Copies Available)



JOIN NEW 'HEAL' WORKING GROUP AT AMWA

Health and Environment Alliance (HEAL) will teach you how to
- Take an Environmental History, evaluate hormonal insufficiencies, and
- Recognize environmental triggers to inflammation, including COVID, mold, toxic chemicals that lead to obesity, insulin resistance, addictions, and neurologic diseases including POTS, Parkinson's, Dementia, and ALS

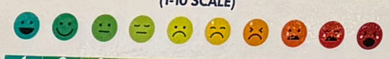
Organized by Lisa Lavine Nagy, MD, FAAEM

NIH NIEHS

"Environmental medicine shows promise for reducing chronic disease"

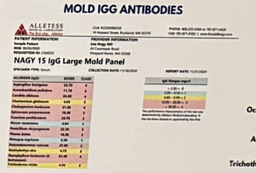
(NIH, National Institute of Environmental Health, *Environmental Factor*, June 2016)

HOW SENSITIVE ARE YOU AND YOUR PATIENTS? (1-10 SCALE)



- We are all on a continuum from 1 to 10 in terms of being affected by our environment
- NO ONE is a 0!
- It's how someone deals with exposures that makes them more or less [illegible]

MOLD IGG ANTIBODIES

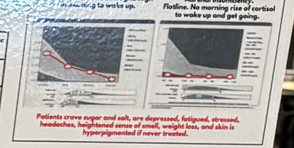


MYCOTOXIN PANEL

Realtime Lab: Pre and Post 30-Minute Sauna at 150 F
Brings Out the Toxins for Testing and Treatment
A Study by Lisa Nagy, MD on Dozens of Patients
(Note: This test is covered by Medicare)

	Pre Sauna	Post Sauna	Reference Range (in ppb)
Ochratoxin	0	2.8	<2.0
Aflatoxin	0	6.8	<1
Trichothecenes	.04	.81	<.2

SALIVARY CORTICAL SALIVA TESTING

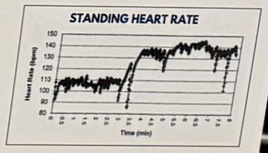


Patients crave sugar and salt, are depressed, fatigued, stressed, headaches, heightened sense of smell, weight loss, and skin is hyperpigmented if never treated.

QUESTIONS TO ASK PATIENTS

- When did you become ill?
- Do you have a musty basement? (Mold sensitivity)
- Are there chemicals or mold at your job or school? Are you sensitive to perfume, diesel fuel, or the detergent aisle of the grocery store? (Chemical sensitivity)
- Does your cellphone heat up in your hand? Do you dislike fluorescent lighting? Is computer work exhausting? (Radiofrequency radiation/EMF sensitivity)
- Is it difficult to get up in the morning, or you're exhausted at 4 p.m.? (Adrenal dysfunction)
- When you get a headache, fatigue, or palpitations: "What did you eat, touch, or smell beforehand?"
- Do red wine, chocolate, cashews, or other histamine-releasing foods cause reactions?
- Do any of these factors worsen symptoms characteristic of POTS: large meals, prolonged standing, hot weather, exercise, rainy days, chemicals?
- Do you become anxious, or pace, if forced to stand still?

STANDING HEART RATE



MOLD EXPOSURE AND UNTREATED POTS CAN CAUSE ADRENAL INSUFFICIENCY!

Female rats die from adrenal necrosis when exposed to Trichothecenes (mold) adrenal necrosis. Testosterone is protective in men. (Thurman 1988)
We see this in female patients as well.

Untreated POTS causes high aldosterone output, and burns out the adrenals.

WORK-UP AND TREATMENT

- Refer to an Environmental/Integrative doctor who can treat. (Share www.lisanagy.com or Environmental Health Center of Martha's Vineyard brochure for doctor recommendations and patient guidelines.)
- Assess adrenals, tilt table, mold toxins, mold IgG antibodies, level of chemical sensitivity from BREESI or QEESI scales.
- Never wear a cellphone on your body. Turn it off and don't sleep with it at night.
- Advise to go unscented, never use pesticides, eat organic, determine if their house and clothing are too toxic to keep.
- Treat the POTS with midodrine, Florinef, stockings, salt, abdominal binder, small meals.

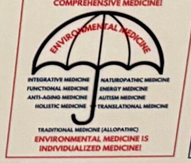
NETFLIX



AFFLICTED

An interview with Dr. Nagy is featured in the Netflix series *Afflicted*, Episode 6: "Treatment for Toxic Mold and Chemical and Electrical Sensitivity"

ENVIRONMENTAL MEDICINE IS COMPREHENSIVE MEDICINE!



ENVIRONMENTAL MEDICINE IS INDIVIDUALIZED MEDICINE!

BEST BOOKS!

Living with Environmental Illness — Stephen Edelson, MD



An Alternative Approach to Allergies — Theron Randolph, MD & Ralph Moss, PhD

