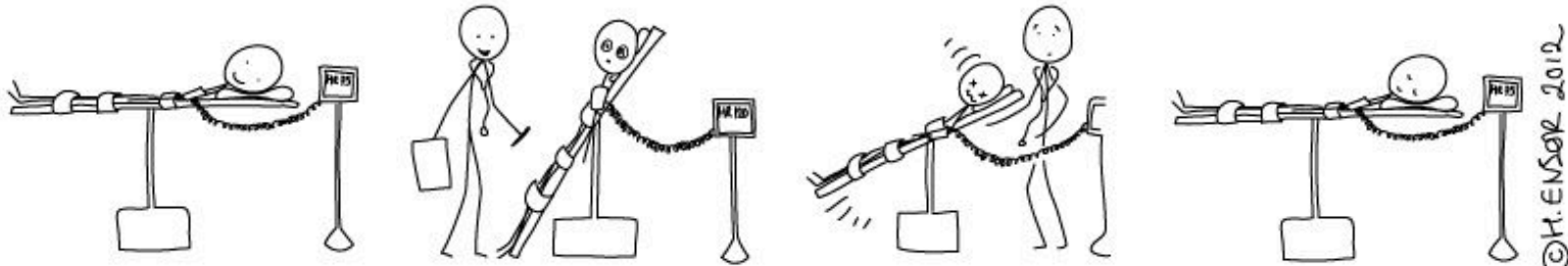


Stage 1: Lie down and relax with monitors attached.

Stage 2: Dr tilts the bed, reads the monitors and watches your reactions.

Stage 3: Dr lies you down again when they have the info needed, or you've had enough.

Stage 4: Lie down and recover.



## Tilt Table Test

www.stickmancommunications.co.uk

# About Dysautonomia

## DEFINITION

A dysfunction of the autonomic nervous system, the part of the nervous system that regulates involuntary body functions, such as heart rate, blood pressure, and sweating.

## CAUSES

Primary dysautonomia may be inherited, or may occur due to a degenerative disease. Secondary dysautonomia, however, may occur (or develop) as a result of an injury or another pre-existing condition. Examples of common pre-existing conditions that may be associated with dysautonomia are:

- Diabetes
- Parkinson's disease
- Muscular sclerosis
- Rheumatoid arthritis
- Lupus
- Crohn's disease
- Ulcerative colitis
- Celiac disease
- Chiari malformation
- Guillain-Barre syndrome
- Ehlers-Danlos syndrome
- Vitamin B and E deficiencies
- Human immunodeficiency virus (HIV)
- Lyme disease

## DIAGNOSTIC TESTS

Diagnostic tests for dysautonomia include sweating tests, blood work tests, breathing tests, and heart workup. The most common type of diagnostic test is autonomic testing.

In autonomic testing, Tilt Tables (most common test) are used. The patient is hooked up to a monitor for heart rate and blood pressure monitoring. They are allowed to rest lying face upward and are then raised up to the standing position for a period. Measurements are taken throughout to see the changes in heart rate and blood pressure.

## WHO DOES IT AFFECT?

It can be present at birth if inherited but may develop at any age. Anyone can have dysautonomia but perhaps people with dysautonomia in their family are more prone to it.

### COMMON SIGNS & SYMPTOMS

- Headache
- Chest pain/discomfort
- Dizziness, lightheadedness, vertigo
- Swings in body and skin temperature
- Visual disturbances (blurred vision)
- Difficulty swallowing
- Nausea and vomiting,
- GI problems (constipation)
- Fast or slow heart rate, heart palpitations
- Large swings in heart rate and blood pressure

## CONTACT US

info@bobbyjonescsf.org  
718.966.2593  
29 Crest Loop, Staten Island, NY 10312



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