



CARDIOVASCULAR
SOLUTIONS

Guide for patients with Dysautonomic syndrome and Neurocardiogenic Syncope

This guide is intended for people that have been diagnosed with Dysautonomic syndrome in any of its different presentations and for those who suffer from neurocardiogenic syncope.

Interventional Cardiology

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Recommendations for the prevention of Neurocardiogenic Syncope and Dysautonomic Syndrome related symptoms

Drink 2-3 liters of water daily in addition to your regular food intake, unless contraindicated by your doctor.
Increase the consumption of salt (2 - 3 grams / day) in your daily foods.
Avoid prolonged exposure to the sun or places with high temperatures (very hot shower, saunas, etc...).
Avoid standing for a long period of time without moving.
Avoid crowded places.
Avoid any possibility of dehydration (excess alcohol, caffeine, tea, energy drinks like Red-Bull or Boost, excessive exercise, etc.).
Avoid heavy meals.
Avoid foods with a high content of carbohydrates / sweets.
Do moderate aerobic exercise, like walking for 45 minutes.
Do wall exercises (see below).
In some cases it may be useful to elevate the head of the bed 15 degrees.
Use compression stockings above the knees, specially if you are going to be standing or sitting for prolonged periods of time.

Wall Exercises

These exercises have proven their usefulness in different studies for the prevention of symptoms related to dysautonomic syndrome and syncope. These should be done thoroughly and as specified in the pictures below.



It is recommended to stand in this manner two times a day and with progressive increases in time according to the following:

- ➔ **First week: 5 minutes.**
- ➔ **Second week: 10 minutes.**
- ➔ **Third week: 15 minutes.**
- ➔ **Fourth week: 20 minutes.**
- ➔ **Fifth week: 25 minutes.**
- ➔ **Sixth week and on: 30 minutes.**

Maneuvers for the prevention of Syncope

Some times the chances of loosing consciousness and fainting (syncope) are imminent. In these cases the following maneuvers can help to prevent this from occurring. However, it is extremely important while you are trying these maneuvers that you place yourself in a safe place so that if you do faint you won't hurt yourself.



➔ Maneuver A

In this maneuver, while standing, you should make your thigh muscles tense by crossing your legs and place your hands behind your back in the position shown in Figure B. You can also modify this maneuver to do it while squatting.

➔ Maneuver B

This maneuver is simple and just requires that you grab your hands and pull in order to create tension. You can do this maneuver while standing, sitting, or laying down.



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