



Poster Presentation

Postural Orthostatic Tachycardia Syndrome (POTS) in Adolescents and Young Adults with CHARGE Syndrome

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Presenter Information

Julia Morrison is a 1st year medical student at Dalhousie University in Halifax, Nova Scotia. She is pursuing a research project on CHARGE syndrome and its potential association with a condition called postural orthostatic tachycardia syndrome (POTS). Julia is working under the guidance of Dr. Kim Blake and Angela Arra-Robar, RN, at the IWK Hospital in Halifax. By looking into the impact of POTS on the CHARGE population, Dr. Blake's research team hopes to improve the quality of life of these patients.

Presentation Abstract

Background: With continuous updates to CHARGE Syndrome signs and symptoms, we suspect that postural orthostatic tachycardia syndrome (POTS) warrants investigation as a possible comorbidity. POTS results from autonomic dysregulation, characterized by increased heart rate on standing and return to normal when lying down. To our knowledge, this is the first investigation of this question. **Objectives:** To determine whether an association exists between CHARGE and POTS. **Methods:** We are collecting case information from individuals with CHARGE syndrome with suspected or diagnosed POTS. This includes case reports and personal stories collected from the CHARGE community. Data collection is ongoing.

Results: A detailed history and investigations from one individual with POTS from Atlantic Canada will be presented. Case histories from the CHARGE Syndrome Facebook group highlight the variability of presentation.

Discussion: Future work is planned to increase the understanding and treatment of POTS in CHARGE as well as pursuing connections with the vagus nerve. Identifying an association between these conditions is important in the management of adolescents and young adults with CHARGE Syndrome, and awareness will enhance clinical care.