

DYSAUTONOMIA INTERNATIONAL



AWARENESS



ADVOCACY



ADVANCEMENT

Quick Links to Patient Education Resources

dysautonomiainternational.org/support

Regional support groups serving all 50 US states & 60 other countries, as well as Teen, College, Caregivers, and other support groups.

dysautonomiainternational.org/salt

Healthy high-salt diet tips

dysautonomiainternational.org/exercise

Dysautonomia-friendly exercise tips, videos & a downloadable exercise protocol

dysautonomiainternational.org/POTS

A summary explaining what POTS is

dysautonomiainternational.org/whatisdys

A summary of other autonomic disorders & a diagram of the autonomic nervous system

[10 Facts About POTS Flyer](#)

[10 Facts About Dysautonomia Flyer](#)

vimeo.com/dysautonomia

Dysautonomia International's Autonomic Disorders Video Library containing over 200 lectures from the top experts

bit.ly/whatisdys

2-minute video explaining what dysautonomia feels like

bit.ly/whatispots

4-minute animated video explaining POTS

CurePOTS.org

Dysautonomia International's POTS Research Fund

bit.ly/CureDysFund

Dysautonomia International's Dysautonomia Research Fund

LongCovidResearchFund.org/whatweknow

Dysautonomia International's Long COVID Research Fund