

What is Postural Hypotension?

Postural = posture/movement

Hypotension = Hypo = low. Tension = pressure. Therefore = low blood pressure on movement

Symptoms

Dizziness

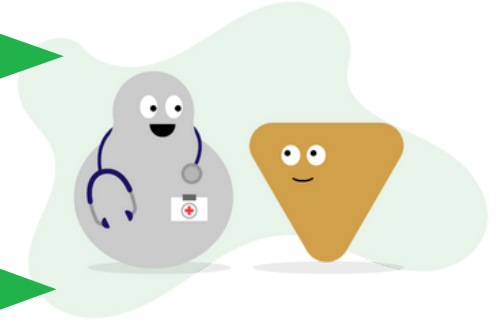
Light headed

Blurred vision

Confusion

Fainting

Can cause people to fall



When does it happen?

Not everyone is symptomatic all of the time, however if you are becoming symptomatic more frequently seek GP support. The blood pressure drops mainly on movement i.e lying to standing, sitting to standing, turning round, looking up or looking down. Blood Pressure can drop if you are standing still for a while such as; doing the ironing, standing in a queue

What causes blood pressure to drop?

Can be various reasons; age, dehydration, sudden movement, eating heavy meals or other reasons which may need medical attention such as some heart conditions, Parkinson's, Diabetes, thyroid issues.

Some drugs (prescribed or illicit) may cause blood pressure to drop and/or alcohol

How to treat it?

Keep hydrated, monitor fluid intake on a hot day or if you exert yourself and sweat

Sit up slowly, do not turn round quickly, caution on bending down or looking up

Avoid hot baths or showers

If standing still, rock on your toes or move gently

Sleep slightly head up in bed

Gentle exercises such as moving feet and legs – this is a good exercise to do before standing up

May need to eat smaller meals, but more frequently i.e 6 small meals instead of 3 big meals. Food lighter in Carbohydrate

Observe how often it happens – if the symptoms are only occasionally check your hydration.

If symptoms happen more frequently seek medical support from your GP

Your GP would need to perform blood checks such as; sodium level, anaemia, thyroid, Diabetes

If you faint or lose consciousness, see medical support

Following a confirmed diagnosis from a GP, there may be other treatments available. Flight socks or abdominal binders can cause compression and therefore support blood pressure. Some people with problematic Postural Hypotension need medication.

