

## **POTS patients with brain fog have neurocognitive deficits**

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[A recent study by Wells and colleagues](#)<sup>1</sup> confirms findings from previous studies which demonstrated that POTS patients with brain fog have impaired short-term memory and diminished alertness.

POTS is characterized by a substantial increase in heart rate and sometimes a drop in blood pressure when the individual stands up. This can cause lightheadedness, heart palpitations and in some cases, a loss of consciousness.

The authors measured short-term memory problems and alertness in 11 POTS patients with brain fog using neurocognitive testing and compared them with 8 healthy controls.

They found that “POTS patients demonstrated significantly longer latency in delayed match to sample response time and greater errors in attention switching task.”

**While previous studies have shown neurocognitive deficits in POTS patients with evidence of impaired cerebral blood flow, Wells and colleagues report that such deficits can occur in patients with POTS “even in the absence of impaired cerebral blood flow.”**

Editor’s note: I have seen individuals with Lyme disease who suffer from “brain fog” and POTS. I would appreciate a study to determine how often brain fog occurs in Lyme disease patients presenting with POTS.

### **Related Articles:**

[POTS: An autonomic dysfunction in Lyme disease patients](#)

[What exactly is POTS: postural tachycardia syndrome?](#)

[Could POTS and Lyme disease patients suffer impaired cognitive function when standing?](#)

### **References:**

1. Wells R, Paterson F, Bacchi S, Page A, Baumert M, Lau DH. Brain fog in postural tachycardia syndrome: An objective cerebral blood flow and neurocognitive analysis. *J Arrhythm.* 2020;36(3):549-552.

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