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Dear Practitioner,

Postural orthostatic tachycardia syndrome (POTS) is a chronic and disabling disorder characterized by orthostatic intolerance with an abnormally increased heart rate without hypotension during upright posture. There are several other disabling symptoms that are seen in this condition and the pathophysiology of this syndrome is incompletely understood. In the pediatric age group, it is differentiated from benign orthostatic hypotension.

Patients who have an eating disorder or disordered eating will have a clinical picture that is similar to POTS when they are medically unstable or underweight, but the majority of these patients do not have POTS.

The evaluation and management of patients with POTS is complex and time-consuming and places a strain on scheduling for our pediatric cardiology practice and physicians. The time it takes to see and examine these patients is extensive. Consequently, we have instituted a policy where a patient with disordered eating or a diagnosed eating disorder is not eligible for scheduling an appointment for POTS evaluation until they have been medically stable and at their goal weight for a minimum of 3 months. The vast majority of patients in this clinical group do not have POTS and do not require an evaluation for that condition. Once they stabilize, an evaluation for POTS will likely not be needed.

We are communicating our office policy to assist you and your patients in understanding that we are trying to provide the best possible care and to help clarify expectations. If you have questions or concerns, please do not hesitate to contact our office or an eating disorder specialist.

Thank you,

Marc LeGras MD on behalf of Pediatric Cardiology Center of Oregon