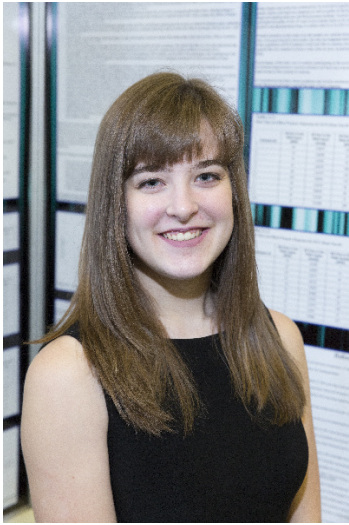


CWSF 2018 - Ottawa, Ontario



Amy Crandall

A Non-Pharmaceutical Treatment for Postural Orthostatic Tachycardia Syndrome II

Challenge: Health

Category: Senior

Region: Northern British Columbia

City: Rolla, BC

School: South Peace Secondary

Abstract: A Non-Pharmaceutical Treatment for Postural Orthostatic Tachycardia Syndrome [POTS] II examines current POTS treatment practices and exercise effects on individuals with POTS via participant survey and exercise trials conducted at BC Children's Hospital, respectively. With approximately fifty-thousand Canadians suffering with POTS, this research aims to guide further research and to validate exercise as a viable treatment option.

Biography

My name is Amy Crandall, and I am in eleventh grade at Dawson Creek Secondary ? South Peace Campus. My favourite subjects are the health sciences, biology, English, and calculus. In my spare time, I love to write novels while listening to my wide range of music playlists, read, and spend time with loved ones. I've been involved in science fairs for ten years--participating in the Northern BC Regional Science Fair for eight of those years. I am very excited to attend the Canada-Wide Science Fair for the second time. At the 2018 Northern BC Regional Science Fair, I was the recipient of the Genome Scholarship Nomination and the Second Place Senior Project. After being diagnosed with Postural Orthostatic Tachycardia Syndrome (POTS) in June of 2014, I decided to investigate the possible benefits of exercise for this syndrome, as there is no cure. This is my second alteration of the project. If I have the opportunity in the future, I'd love to study the possible environmental effects associated with POTS. My advice to anyone considering creating a science fair project is to not procrastinate. Sit down at your computer or notebook and begin writing what comes to your mind.

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