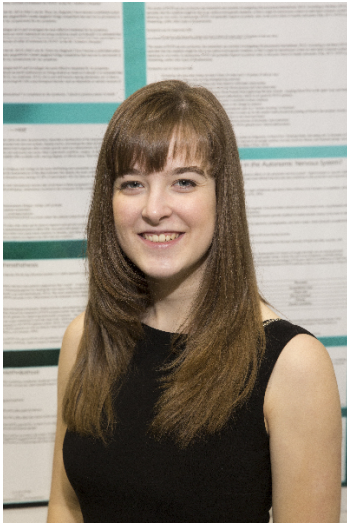


## CWSF 2019 - Fredericton, New Brunswick



### Amy Crandall

#### A Non-Pharmaceutical Treatment for Postural Orthostatic Tachycardia Syndrome III

**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] III examines current POTS treatment practices and, based on previous results (Crandall, 2018), determine if physical exertion is a viable treatment option that effectively treats the most debilitating symptoms of: fatigue, syncope, and vertigo. With approximately fifty-thousand Canadians suffering with POTS, this research aims to guide further research and validate physical exertion as a treatment option.

#### Biography

My name is Amy Crandall, and I am in twelfth 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 eleven years--participating in the Northern BC Regional Science Fair for nine of those years. I am very excited to attend the Canada-Wide Science Fair for the third time. At the 2019 Northern BC Regional Science Fair, I was the recipient of the Genome Scholarship Nomination and the First Place Senior Project. After being diagnosed with Postural Orthostatic Tachycardia Syndrome (POTS) in June of 2014, I wanted to investigate the possible benefits of exercise for this syndrome, as there is no cure. This is my third rendition of the project. If I have the opportunity in the future, I'd love to study the benefits of vagus nerve stimulation on the autonomic nervous system. My advice to anyone considering creating a science fair project is to investigate what you are passionate about.

Youth Science Canada  
PO Box 297  
Pickering ON L1V 2R4  
[www.youthscience.ca](http://www.youthscience.ca) / [info@youthscience.ca](mailto:info@youthscience.ca)  
416-341-0040