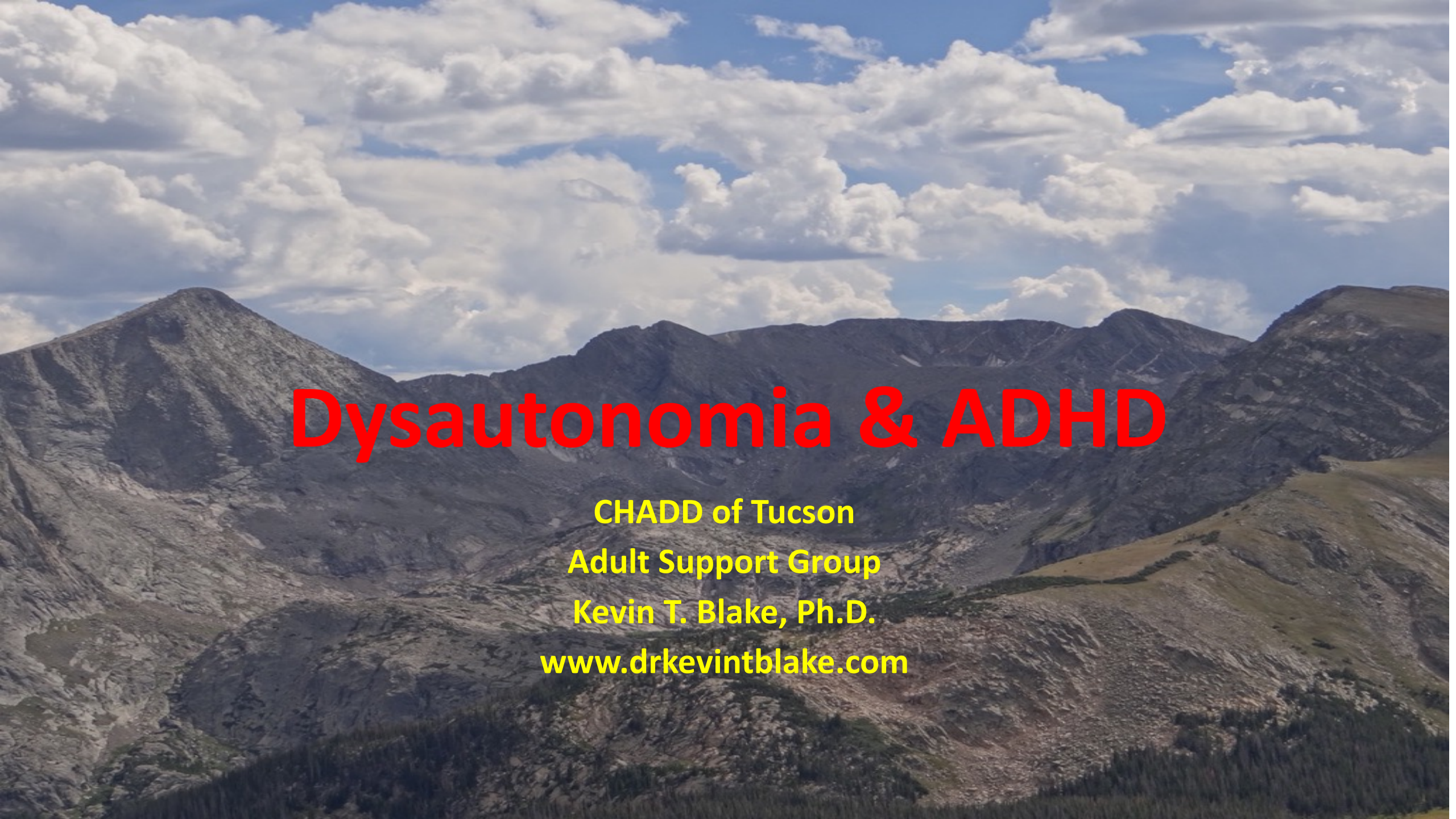




Dysautonomia & ADHD

**CHADD of Tucson
Adult Support Group
Kevin T. Blake, Ph.D.
www.drkevintblake.com**

NEW CHADD of Tucson Website

- New website through the CHADD national website (www.chadd.org):
 - <https://www.chadd.net/chapter/505>
- Old CHADD of Tucson website that still is good:
 - www.chaddoftucson.com

What is Dysautonomia?

- **Dysautonomia:**
 - **A disorder of the autonomic nervous system that affects:**
 - **Heart**
 - **Nervous system**
 - **Heart rate**
 - **Blood Pressure**
 - **Body Temperature**

ADHD & Dysautonomia

- **People with ADHD frequently have dysautonomia. With hypermobility of elastic tissues.**
 - **Such people are hypermobile.**
 - **They have a lot of inflammation in connective tissues**
 - **May have hypermobile Ehler-Danlos Syndrome (hEDS)**
 - **May have Mast Cell Activation Syndrome + Dysautonomia**
 - **Symptoms may be**
 - **Brain fog, Executive Function Problems**
 - **This can also be often misdiagnosed**

ADHD and Hypermobility

- **About 50% of those with ADHD are hypermobile, may not have enough to have a syndrome.**
- **There is some evidence that 80% of ADHD women have difficulty with hypermobility.**
- **There is four times more hypermobility in those with ADHD than Neurotypicals.**

Postural Orthostatic Tachycardia Syndrome (POTS)

- **Difficulty regulating blood flow and heart rate**
- **When changing body positions**
- **Symptoms:**
 - Increased heart rate, lightheadedness, fatigue
- **Diagnosis: Medical tilt table test**
- **Treatment:**
 - Fluids and Saltwater
 - Exercise
 - Compression garments

Mast Cell Activation Syndrome (MCAS)

- **Oversensitive to environment and/or internal bodily changes**
 - **Causes inflammatory, and/or allergic reactions**
 - **Symptoms: Skin Flushing, Itchiness, Hives, Diarrhea, Nausea, Increase Heart Rate, Low Blood Pressure, Brain Fog, Fatigue**
 - **Diagnosis: Urine and Blood Tests + Rule Out**
 - **Treatment: Medication, Avoid Triggers, Change Diet**

Hypermobile Ehler-Danlos Syndrome (hEDS)

- **Inherited; Genetic Disorder**
- **Affects skin, tissue around joints, blood vessels, gut problems, Often disrupted circulatory system**
- **Symptoms: Dizziness – light headed; Chronic pain; Fatigue, Fragile skin, Headaches, Digestive problems, heart palpitations, Proprioceptive problems**
- **Diagnosis: Extensive Medical physical and history**
- **Treatment: Exercise, Physical and Occupational Therapy, Medications**

Resources

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- Kutow, J. (October 5, 2026). The Suprizing Association Between ADHD and Inflammation. ADDitude Magazine. From Website: <https://www.additudemag.com/mast-cell-activation-syndrome-pots-adhd/>
- Author (2026). ADHD Links to Dysautonomia & Hypermobility Spectrum Disorder. ADDitude Magazine, Patient Resource. From Website: https://www.additudemag.com/wp-content/uploads/2026/10/FD.ADD_.Dysautonomia.HSD_.10.26.Final_.pdf