

05/01/23

Dr Rupert Higgins
City Medical Practice
2 York Street
Sydney NSW 2002

Dear Rupert

RE: **Miss Ellie Sutton DOB 23/03/90 0412 613 654 85831**
693 New Canterbury Road DULWICH HILL 2203

Background:

1. POTS.
2. Endometriosis.
3. ADHD.

Medications:

1. Propranolol 5-10 mg three times daily (to commence from today).

It was my pleasure to meet Ellie in the company of her partner. She is a 32-year-old lady with clinically diagnosed POTS and repressive symptoms for treatment.

Since 2021 Ellie has been having typical symptoms of POTS including palpitations, dizziness, digestive issues and chronic fatigue. This occurred subsequent to a COVID-19 infection in December 2020. She has not trialled medications to alleviate her symptoms though has been compliant with non-pharmacotherapeutic measures where possible including maintaining adequate fluid hydration and increasing her salt intake. Her symptoms are so repressive that she has been unable to work and has reduced her capacity to exercise.

On **examination** today her heart rate when seated is 80 bpm and increases to over 100 bpm when standing. The remainder of the cardiovascular examination is benign.

I reviewed the cardiac investigation we have on file including a holter monitor as well as a laying and standing ECG which fulfill diagnostic criteria for POTS.

I had a discussion with Ellie and her partner today about commencing propranolol initially at a low dose with steady titration. I have suggested 5 mg three times daily to be titrated to a maximum dose of 10 mg three times daily over the coming weeks. I have asked her to pay specific attention to her symptoms and when they are worse and how much benefit she gets from this medication.

I have asked her to email me with a progress report in between now and my next appointment so I can provide further advice between these visits, and will aim to see her in two months from now in person.

Thank you for involving me in her care.

Kind regards

Electronically approved by
Dr James Nadel

cc: Miss Ellie R Sutton, 693 New Canterbury Road, DULWICH HILL NSW 2203