

## PEDIATRIC CARDIOLOGY:

### Dizziness (not associated with syncope)

History suggesting benign diagnosis	Contributing Factors	Likely Benign Diagnoses	Management	Screening Tests	Referral - When Cardiac Disease Can Be Expected
Position dependent - dizziness occurs when rising from seated or supine position or when patient has been standing for a long time	Pre-adolescent and adolescent females are particularly prone to these symptoms; hydration status is a contributor	Orthostatic hypotension	Behavior modification - avoid rapid positional changes; encourage calf-muscle movement if standing for a long time	For all types, a baseline ECG may be performed as a screening test only, but is not required.	Sustained palpitations (~1min in duration) precede dizziness (may represent SVT)
Temperature dependent - dizziness occurs in extreme heat; can be with or without activity	Can occur during/after a hot shower	Dehydration	Anticipate situations and improve hydration (water or Gatorade) before the event	For illustrative purposes only, a urine spec grav can be performed to prove poor hydration	True syncope with exercise (may suggest arrhythmia or structural heart disease)
Hydration dependent - dizziness occurs in an individual with poor fluid intake	Events can occur in the morning, possibly with hair-combing, urination	Dehydration	Drink water or Gatorade; advise pts. that pale yellow urine indicates good hydration; Give pts. permission slip to carry water/Gatorade at school		Seizures or family history of seizures & syncope, sudden death, or congenital deafness (all may suggest the long QT syndrome)
Stress- related - "watching a movie or listening to a lecture in health class", having blood drawn, immunizations	Also hydration dependent	Vasovagal hypotension	As above: improve hydration and anticipate events. Occasionally, salty snacks (pretzels, saltines) are a good adjunct to increased fluids		Syncope (not associated with any of the preceding symptoms)

Referral to Pediatric Cardiology: Fax (203) 737 2786, Telephone (203) 785 2022.