



## POTS Prevalence in the United States After COVID-19

The COVID-19 pandemic has led to a dramatic surge in cases of Postural Orthostatic Tachycardia Syndrome (POTS), with research revealing a more than five-fold increase in incidence rates and millions of Americans now affected by this debilitating condition.

### Sharp Rise in POTS Cases

Prior to the pandemic, POTS was estimated to affect between **1 to 3 million people** in the United States. However, comprehensive research analyzing data from over 65 million patients shows the incidence rate of POTS increased dramatically from **1.42 cases per 1 million person-years before COVID** to **20.3 cases per 1 million person-years after COVID**—representing more than a 14-fold increase. Monthly diagnoses rose from an average of 4.21 new cases per month before March 2020 to 22.66 new cases per month through June 2024, a more than five-fold increase. <sup>[1] [2] [3] [4] [5] [6]</sup>

### Current Estimates

Based on these increased incidence rates and the prevalence of long COVID, current estimates suggest:

- **At least 2-4 million Americans** currently have POTS as of late 2024 to early 2025, with some estimates suggesting potentially higher numbers <sup>[7] [8] [9]</sup>
- One nonprofit advocacy group estimates the number of people with POTS has **at least doubled since the start of the pandemic** <sup>[8]</sup>
- With approximately **30 million Americans** potentially having long COVID, and studies showing **31% of highly symptomatic long COVID patients** meet criteria for POTS, the actual number could be significantly higher <sup>[10] [11] [7]</sup>

### POTS as a Component of Long COVID

Research has established that POTS is a significant manifestation of long COVID:

- **31% of highly symptomatic long COVID patients** were diagnosed with POTS in a Swedish study of 467 participants <sup>[11] [10]</sup>
- Studies have found that **as many as 80%** of COVID-19 long-hauler patients meet diagnostic criteria for POTS <sup>[12]</sup>
- The incidence rate of POTS rose from 1.42 cases per 1,000,000 prior to the pandemic to **22.66 cases per 1,000,000 post-COVID** <sup>[12]</sup>

- POTS patients developed post-COVID show nearly identical clinical profiles to those who developed POTS from other causes<sup>[12]</sup>

## Demographics and Impact

POTS continues to predominantly affect **women (80-94%)**, particularly those of childbearing age, with most patients aged between 15 and 50 years. Post-COVID POTS patients are typically younger (mean age around 40 years) and **91% female**. These patients experience significantly lower physical activity levels and reduced walking capacity compared to other long COVID patients without POTS.<sup>[2] [4] [13] [10]</sup>

The dramatic increase in POTS cases has overwhelmed clinical resources, with specialists reporting waiting lists longer than ever before. Dr. Blair Grubb, a cardiologist who has treated POTS for over three decades, noted: "I'm seeing this in my own clinic. My waiting list is longer than it has ever been".<sup>[1]</sup>

This surge in POTS cases represents a significant public health challenge, particularly as many patients experiencing long COVID symptoms may actually have undiagnosed POTS, highlighting the need for systematic assessment and increased awareness among healthcare providers.<sup>[3] [1]</sup>

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