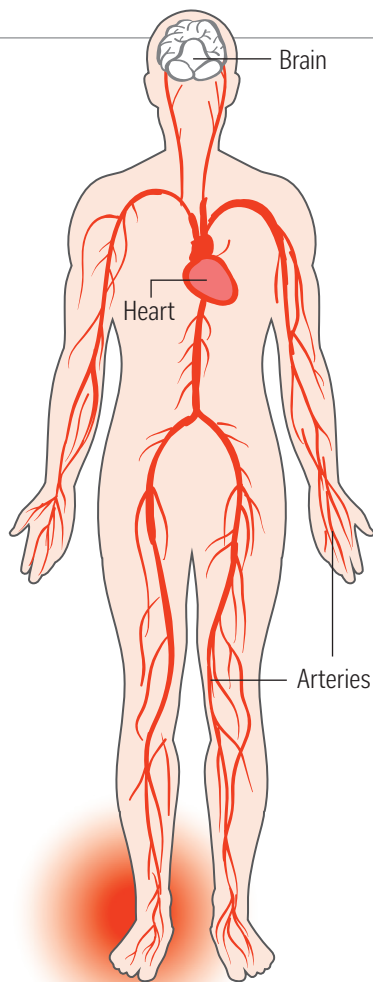


About the condition

Vasovagal syncope, commonly described as feeling faint, refers to a temporary loss of consciousness caused by a fall in blood pressure because of dehydration or standing too long.

- 1** Vasovagal syncope occurs when blood vessels in the legs dilate and blood pools.
- 2** Triggers include standing still for too long; dehydration, as it reduces the volume of blood; anger; the sight of blood; stress; a stuffy, warm or crowded environment.
- 3** Symptoms include blurred vision, seeing stars, sweating, dizziness and nausea. It is sometimes accompanied by muscle twitching.
- 4** Heart rate drops and blood flow to the brain is reduced.
- 5** Some people get symptoms a few minutes before fainting, while others could faint abruptly.



TREATMENT

Sitting down or lying flat for a little while.
If dehydrated, drinking any fluid helps.