

# Managing nOH Symptoms

Your healthcare provider may suggest lifestyle changes that could help you manage the symptoms of neurogenic orthostatic hypotension (nOH).

Always consult your doctor before making any changes to your daily routine or nOH symptom management plan.

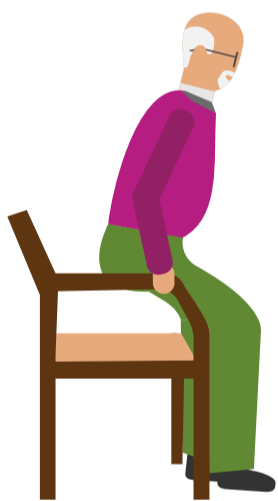
## DRINK

MORE  
WATER



## ADJUST

YOUR SALT INTAKE  
AS RECOMMENDED  
BY YOUR HEALTHCARE  
PROVIDER



## MOVE

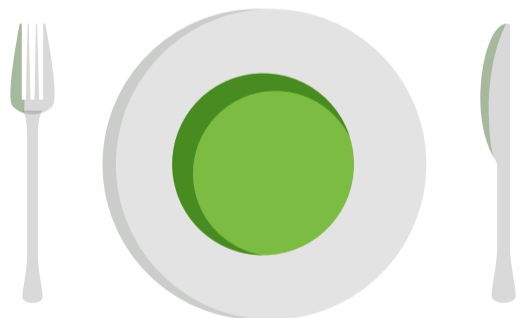
CAREFULLY  
WHEN STANDING  
UP OR CHANGING  
POSITIONS

## WEAR

WAIST-HIGH  
COMPRESSION  
STOCKINGS OR  
AN ABDOMINAL  
BINDER

## EAT SMALLER,

MORE FREQUENT MEALS,  
LOW IN CARBOHYDRATES



## ELEVATE

THE HEAD OF  
YOUR BED

## EXERCISE

BY DOING MODERATE,  
NONSTRENUOUS ACTIVITIES

Start the conversation about nOH symptom management with your doctor today.