

Syncope:

**Please don't let me faint
at my wedding.**



What is fainting?

Fainting is a brief loss of consciousness, you “pass out.” Not enough oxygen is getting to your brain. You become unresponsive, lose muscle tone and may fall. Usually there is complete recovery in a matter of seconds. Fainting is fairly common, we call it syncope.

What causes fainting?

Usually fainting is not caused by any serious or life threatening medical problem.

The most common cause of fainting is anxiety or emotional upset.

Aggravating factors may include:

- Dehydration, particularly not drinking enough fluids.
- Standing up too quickly
- Standing too rigid, locking your muscles in your legs.
- Low blood sugar, usually from not eating that day.
- Holding your breath, vasovagal syncope
- Hyperventilating

What are the symptoms?

You may faint suddenly without symptoms. However, most people may feel nauseous or sweaty. You may feel the room starting to spin. You may feel your heart jumping around in your chest.

What should I do if I think I am going to faint?

Get the blood flowing to your brain; lie down or sit and bend forward with your head between your knees

How do I prevent fainting?

- First, if this is your wedding event, great planning helps reduce the anxiety.
- Second, everything may not go as perfect as planned, but remember this is YOUR day, so enjoy the moment.
- Eat properly that day, don't skip good nutrition. Get something healthy into your stomach every three hours. How about chewing almonds? (Don't forget to floss before you leave to get the fiber between your teeth out of the wedding pictures)
- Drink lots of water, keep the alcohol to a minimum before the ceremony.
- Don't stand ridged, relax those leg muscles.
- Smile

Tip of the Week:

Before you head down the aisle, take three deep breaths and count to 10.

- Deep breath in for 1,2,3
- Hold it for 4,5
- and breath out slowing for 6,7,8,9,10.

Repeat three times and head down the aisle.

