



**FRANKLIN
CARDIOVASCULAR
ASSOCIATES, PA**

Blog #4 The Undiagnosed Patient

Case Summary: The Undiagnosed Patient

The Patient's History A 48-year-old woman visited a doctor due to worsening dizziness, heart palpitations, and "brain fog" when standing up, which intensified after a mild case of COVID-19. She had a lifetime history of unexplained health struggles. Since high school, she suffered from constant exhaustion and body aches (originally blamed on gymnastics). Her symptoms were diverse, including:

- Joints that would frequently "pop out" or dislocate.
- Easy bruising and stretch marks not related to weight gain.
- Digestive issues (constipation) and heavy menstrual cycles.
- Anxiety, sleep trouble, and migraines.

The Medical "Odyssey" Over her lifetime, she saw more than two dozen specialists. Because her symptoms affected so many different parts of her body, doctors failed to connect them. She was misdiagnosed with anxiety, depression, and fibromyalgia, often being told her pain was psychological rather than physical.

The Examination During this visit, the doctor noted that her heart rate spiked significantly when she stood up (a sign of autonomic dysfunction). The doctor also performed a **Beighton score test**, a standard method for measuring joint hypermobility.

It is important to seek out a clinician with expertise in EDS to make an accurate diagnosis and create a treatment plan. One of the nation's leading centers is Franklin Cardiovascular Associates, under the direction of Nicholas DePace, MD, FACC. They are located in Sicklerville, New Jersey. franklincardiovascular.com, (856) 589-6034