



News Release
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Syncope Trust And Reflex anoxic Seizures

www.stars.org.uk

Working together with individuals, families and medical professionals to offer support and information on Syncope and Reflex Anoxic Seizures

Warrington woman battles blackouts to compete in Great North Run

NEWCASTLE 18 SEPTEMBER 2011: A young woman from Warrington is taking part in the gruelling Great North Run to raise funds for Syncope Trust And Reflex anoxic Seizures (STARS), the charity that has helped her through a condition that causes frequent blackouts.

Jane Grundy was diagnosed with POTS (Postural Orthostatic Tachycardia Syndrome) several years ago.

"I was diagnosed with POTS after years of not being able to understand why I was feeling ill and blacking out so much. POTS can be sometimes hard to deal with especially being young and wanting to do things I sometimes cannot do if I am having a bad day."

POTS is characterised by a very fast heart rate that occurs when the patient stands up. This can have a serious effect on an individual's quality of life causing frequent bouts of fainting or near-fainting. It is a relatively new disorder, which is slowly being recognised by the medical profession. It is often underappreciated by doctors, which can impact on the patient's quality of life through misdiagnosis or being informed symptoms are "all in their head".

Jane said, "Constant fatigue, fast heart rate, low blood pressure, severe headaches, blurred vision, and the blackouts in random places like the supermarket are just some of the symptoms we have to endure. So hopefully raising this money will help many more people cope"

STARS www.stars.org.uk is the leading resource for support and information for both patients and professionals on syncope. The charity provides information and support from diagnosis through to treatment and long term management of syncope for all age groups.

www.stars.org.uk info@stars.org.uk www.education.stars.org.uk

Patrons: Prof John Stephenson, Prof Christopher Mathais, Prof Rose Anne Kenny, Dr William Whitehouse, Dr Adam Fitzpatrick,

Sir Elton John CBE, Twiggy Lawson, Sir Roger Moore KBE, John Burton Race.

Trustees: Mrs Susan Broatch, Mr Andrew Fear, Prof Rose Anne Kenny, Mrs Cathrine Reid, Dr William Whitehouse.

Founder & Chief Executive: Mrs Trudie Lobban MBE

Registered Charity Number – 1084898



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The Great North Run covers 13.1miles, starting in Newcastle and ending in South Shields.

The race takes place on 18th September 2011.

Fundraising Officer at STARS, Fiona Ahearn, said, "We'd like to say a big thank you to Jane for helping to raise vital funds for our charity. We're so pleased that we were able to help her when she needed support."

Jane has a Just Giving page at www.justgiving.com/jane-grundy

ENDS

Editor's Notes:

1. For more information please contact Fiona Ahearn at Fiona@stars.org.uk or call 01789 451826
2. The STARS website is at www.stars.org.uk

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