


**Teenage fainting in the morning**

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# Teenage fainting in the morning

What causes fainting in the morning. Why did i faint in the morning. What would cause a teenager to faint. What causes fainting in a teenager.

Fainting (syncope) in children is surprisingly common. In this Q&A, paediatric epilepsy expert Ajay Gupta, MD, explains what parents should watch out for, the differences between fainting and seizures, and six ways to prevent syncope in children. The Cleveland Clinic is a non-profit, academic medical center. Advertising on our website helps support our mission. We do not endorse non-Cleveland Clinic products or services. Politics Q. What is fainting (syncope) in children? A. Syncope, pronounced "SIN-ko-pee", is the medical term for fainting. When a child faints, the blood supply and oxygen that the blood carries to the brain are temporarily reduced. This causes the child to lose consciousness, sometimes to fall, and in the most serious cases, to have a short seizure. Syncope typically occurs in children during their pre-adolescence and adolescence. It may happen sooner, but that's less common. Kids usually get past syncope. Most teenagers don't have any significant disabilities or restrictions from it. Why would a child faint? A. Children faint due to reduced blood supply to the brain. Factors that trigger this reduction in blood flow include: There are also rare types of syncope in which children faint when: When a child faints, it is usually due to several factors. For instance, say a teenager who's already skinny and didn't sleep well at night. In the morning, he doesn't eat or drink anything, goes to school and queues up for some projects. It's hot, so she sweats a little, and then the teacher shows her class a biology experiment that's a little scary. It's a perfect scenario for a faint. Usually there are many things combined that lead to fainting. Q. How common is syncope in children? A. Some estimates say that 20% of children will experience at least one episode of fainting before the end of adolescence. Syncope is a common reason why children faint or feel dizzy. But he's underdiagnosed. Mild syncope and syncope, less severe types of syncope, often go unnoticed until the child goes to the emergency room after a larger event. Q. What makes a child prone to fainting? A. Some children are genetically more prone to fainting than others. For example, research has linked certain types of neurocardiogenic syncope to genes. It is the most common cause of fainting in children. Neurocardiogenic syncope (vasovagal syncope) in children faints because their body overreacts to something that distresses them. Their experience and emotions cause the brain to send a signal to the heart, causing the heart to start pumping slowly. Then their blood pressure drops, the blood flow to the brain drops, and they drop. Vasovagal syncope can occur when a child watches a movie blood, violence or other scary images. Some children come out when they go to the doctor for immunization or blood test. That's enough for them. There are many genetic factors, but usually also environmental factors affect these vulnerable children. vulnerable. Some can avoid syncope following good precautions. Q. What are the signs that your child is about to faint? A. The signs that your child can be on the point of fainting include: vertigini.nausea.Sentire as the world turns, or everything is black or fuzzy. Unfortunate sensent. Sounds begin to appear blurred. They could also say: "I'm about to faint." Q. When fainting leads to convulsions? A. La Sincope has a spectrum: near the syncope is when a child says: "I am vertiginated" and almost faints, but it doesn't do it. The slight syncope is when the child says: "I don't feel good. I feel dizziness." . The child can fall and not answer for a few seconds. They can also have a convulsion when the muscles contract, causing the movement of the uncontrollable body. It takes several minutes to recover from complete syncope. If a crisis occurs, it is typically short and nothing complicated becomes. If these children learn to look after themselves to avoid fainting, they will not have another crisis. Q. What is the difference between serious feeder and a convulsive disorder? A. Whoever loses blood and brain oxygen can have convulsions. But these attacks tend to be short, and children look quickly. They will have no symptoms after the crisis. Furthermore, they will not have another attack during the same episode. But when a child has convulsions that habitually occur and suddenly, we often diagnose them with epilepsy (convulsive disorder). Convulsive disorders have nothing to do with blood flow and cerebral oxygenation. In this condition, a part of the brain is irritated and quickly inflamed, outside of its normal schemes. The type of attack depends on which part of the brain is shooting in an abnormal way. For example, if the attack involves the right side of the brain, the child can have shots on the left side of the body. If the attack comes from the back of the brain on the right side, the child may have symptoms that involve the vision on the left side. How are convulsive disorders diagnosed and syncope? A. The clinical history of the child is critical. As well as their environment. Let's examine these details, we make a physical exam and discover if they have risk factors for epilepsy. Finally, in case of doubt, these diagnostic tests can be useful: electroencephalogram (EEG), which measures the electrical attivita of the brain electrocardiogram (EKG), which records the electricity activity of the heart. Before saying that it is syncope, we must make sure that the heart is well. There may be a non-diagnosed heart rhythm or a structural defect. Likewise, we must exclude convulsions Other neurological pathologies before saying that it is syncope. Q. How can you prevent fainting in children? A. These six advice can prevent syncope in children: stay hydrated: good hydration hydration a good volume of blood in the body. So blood can more easily provide the brain with oxygen. The brain is the highest part of your body. If you're standing, you need a lot of strength to supply your brain with blood. It works like a pump: if you can pump water to the top floor, you need more volume and pressure.Get enough salt: A proper salt helps because salt expands blood volume and increases blood pressure. But that doesn't mean they have to eat a teaspoon of salt. Instead, children can have a salty snack. Or if they exercised, they should drink a sports drink with electrolytes and salt in it. Seat regularly: Breakfast is a particularly important meal. They should have some sugar and protein so that their blood sugar does not fall too low. Clothing Compression Socks: Compression socks help to pump blood from the legs to the brain. Aware of syncope signs: teaching children may be a sign of imminent syncope. So they should sit down and help prevent it. Safety backpressure techniques: Certain body movements can help stop children from fainting. They are known as counterpressure techniques or syncope maneuvers. For example, kneeling and flexing the muscles around the knees and hips temporarily disrupts the blood supply in this area. This makes more blood available to the brain. Q. When should you see a doctor on unconscious children? A. If they lose consciousness from fainting, kidnapping or anything else, they should see a doctor. It's never normal for a child to lose consciousness for no reason. We should see every child at the time of their first symptoms, so we can evaluate them and make a plan, depending on the severity of the condition. Treatments for syncope and seizures are very different. So it is important for doctors to perform their due diligence, including proper follow-up, exams and testing when needed. You want the first possible diagnosis of epilepsy so you can start treatment. Fainting is quite common in adolescents. The good news is that most of the time it's not a sign of anything serious. What's he fainting? Fainting is a temporary loss of consciousness. It happens when there is not enough blood going to the brain due to a drop in blood pressure. Why do people faint? Blood pressure may drop from dehydration, a quick change of position, standing, or sitting for a long time, or a sudden fear of something (such as the sight of blood). Here are some of the common reasons for fainting: physical triggers. Getting too hot or being in a crowded and poorly ventilated environment are common causes of fainting. Sometimes just standing for a very long time or too fast after sitting or lying down can make someone thwart. Emotional stress. Emotions such as fear, pain, anxiety or shock can cause you to fall. This is why weak people when something scares them or horrifies them, such as the sight of blood. Hyperventilation. A person who is hyperventilated is taking quick breaths. Carbon Carbon Carbon (CO2) levels in the blood falls, causing blood vessels to narrow. Blood flow to the brain decreases, making a person faint. Medical conditions. Conditions such as heart problems, anemia, low blood sugar, or postural orthostatic tachycardia syndrome (POTS) can cause fainting. Pregnancy. During pregnancy, the body undergoes a lot of changes, including changes in the circulatory system. These can cause fainting of a woman. And as the uterus grows, it can press and partially block blood flow through large blood vessels, which may reduce the blood supply to the brain. What are the warning signs of Fainting? Someone who is going to pass out could have: brilliance dizziness runaway vision changes dizziness fast or irregular heartbeat sweating nausea and / or vomiting Fainting Can Be Prevented? If you pass out, you can try to stop doing these steps: If possible, lying down. This can help prevent a fainting episode, as it allows the blood to the brain. Be sure to stand back slowly when you feel better. Move to a sitting position for several minutes, then standing. Sit down with her head lowered down between your knees. This also will help the blood to reach the brain, although it is not as good as lying down. When you feel better, slowly moved to an upright sitting position, then stand up. Do not get dehydrated. Do you drink enough fluids throughout the day. Drink a lot of liquids before, during, and after exercise and in hot weather. Continue to circulate the blood. If you have to stand or sit for a long time, take breaks often and move. regularly Tense the muscles of the legs or cross your legs to improve blood flow. Avoid overheated environments, cramps or stuffed, when possible. When should I call the doctor? If you fainted just once, it was short, and the reasons why are obvious (like being in a hot and crowded environment), then usually there's no need to worry. But if you have a medical condition or are taking prescription medications, it's a good idea to call your doctor. Call your doctor or get medical help if: injure yourself when you fainted (for example, if you fucks really hard head) have chest pain, palpitations (fast or irregular heart), or shortness of breath had a fainting during exercise or other physical activities have sold off more than once The doctor will do some questions, will do an exam and may order some tests, such as: an EKG (a type of test for heart problems) a sugar test blood to verify ' anemia How can I help someone who does it hurt? If you are with someone who is unconscious, try to help the person lies down. Do not move someone who could be hurt by the fall (which can make things worse). Instead, loosen tight clothing. Such as belts, collars, or ties. Profiling the person's feet and lower legs on a backpack or jacket can also help blood flow to the brain. Someone who has passed out will usually recover quickly. Because it's normal to feel a little weak after after after Make sure the person lies down for a while. Getting up too early could cause another fainting. Call 911 if someone who has passed out: does not regain consciousness after a few minutes passed out during exercise is having chest pain, difficulty breathing, or an epileptic seizure

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