

Re: Vasovagal syncope?

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On Jun 27, 9:00 am, hrvoje-d <hrvoje.dage...@xxxxxxxxxx> wrote:

Never in my life (26 years) under no circumstances did I faint or come near fainting. But 3 days ago after feeling a mild sharp (normal, I guess) pain in my head I just thought for a moment something like "Maybe something happened, I guess not but, we'll see". Suddenly I felt tingling in my both arms and thought "No... that's impossible" but then I felt it again much stronger and then thought "something is obviously happening, I could drop dead in a few seconds" Then I stood up tried to dismiss that idea but then I had the same feeling and felt like I'm blacking out. Then I calmed myself a little but then thought of it again and again felt the same thing. Went to have an ECG and it was normal, and a quick neurologist examination (reflexes etc.) and – all normal.

Now, that's not the problem but now every day just thinking about having that symptoms (deliberately or accidentally) I can provoke them again every time. And I can't even think freely because I have to suppress thoughts.

I guess that it could be the vasovagal syncope but everything I read about it doesn't mention "thinking about something" as a common cause and I never had it before under much more stress, scary thoughts, blood tests, crowds or anything. Is it an vasovagal syncope or could it be something else?

It could be anxiety, it could be presyncope since you didn't lose consciousness and actually faint or it could be something else.

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