

How to Prevent Common Faint



Treatment of common faint

- **Medicines:** There is no special medicine used to treat syncope. However, you may need to use medicines to help your heart pump strongly and regularly. Medicines to help keep fluid and salt inside your body.
- **Tilt training:** This is training yourself to stand for 10 to 30 minutes each day against a wall. This helps your body decrease the effects of posture changes and reduces the number of fainting spells.
- **Increase liquids and salt:** You may need to drink more liquids to prevent dehydration. You may need to increase your salt intake to keep your blood pressure from dropping too low and causing syncope.

Squad maneuver



Leg cross maneuver



Hand tense maneuver



How to prevent common faint?

- If you feel faint or dizzy, sit or lie down right away. Put your feet up higher than your head. This will get the blood flowing back to your heart and brain. Also, bend over at the waist so that your head is between your knees.
- Sudden movements may cause a fainting spell. Move slowly and let yourself get used to one position before you move to another position. This is very important when you change from a lying or sitting position to a standing position.
- Take some deep breaths before you stand up from a lying position.
- If you must sit or stand in one position for a long time, move your legs often. Do not lock your knees or cross your legs.
- Avoid straining if you are constipated. Straining to have a bowel movement may cause you to faint. Walking is the best way to get your bowels moving. Eat foods high in fiber to make it easier to have a bowel movement.

Good examples are high-fiber cereals, beans, vegetables, and whole-grain breads. Prune juice may help make bowel movements softer.

- **Do not** drive a car or use heavy machinery if you feel faint.
- **Do not** exercise outside during the heat of the day.
- Wear a medical alert bracelet or necklace if you have a heart problem that causes fainting spells.

Exercise therapies to delay common faint

The following specific techniques are recommended to help you to delay vasovagal syncope. For examples, standing training and foot exercises or wearing elastic stockings. Avoid prolonged standing — especially in hot, crowded places — and drink plenty of fluids.