

Foreword

Dedications

I dedicate this handbook to my family, for their support and understanding; my colleagues and friends at the NIH, for their devotion both to our research mission and to me; and especially to the many patients who have put their trust in me and provided me with sparkles of insight about how the body's "automatic" systems function in health and disease. *--David S. Goldstein*

I dedicate this handbook to my husband and best friend, Dan, who has helped me to cope and manage my dysautonomia and become a lifeline for hundreds of individuals seeking help with this type of debilitating disorder. I also thank three of the greatest gifts God has given to me, my fantastic children Kristina, Brian, and Sarah, for their smiles, laughter, and support that keep me going. The friendship of my very dear friend Jano is unmatched by any other. I thank my sisters, Mary and Lisa, for their support. I also thank David and Suzette Levy, Frank Levine, and Dr. Lisa Benrud Larson for their contributions to this handbook, and finally my Father in Heaven—may He continue to lead me in the right direction. *--Linda Joy Smith*

About the Authors

David S. Goldstein, MD, PhD directs the Clinical Neurocardiology Section of the National Institute of Neurological Disorders and Stroke (NINDS) at the National Institutes of Health (NIH). Dr. Goldstein graduated from Yale College and received an MD-PhD in Behavioral Sciences from Johns Hopkins. He joined the National Heart, Lung, and Blood Institute in 1978, obtaining tenure as a Senior Investigator in 1984, and in 1990 transferred to the NINDS to head the Clinical Neurochemistry Section. Since 1999 he has led the Clinical Neurocardiology Section, an independent Section in the NINDS. He has received Yale's Angier Prize for Research in Psychology, the Laufberger Medal for physiology, awarded by the Czech Academy of Sciences, and the NIH Merit Award for excellence in patient-oriented clinical research. He presided at the 8th International Catecholamine Symposium and has published more than 275 peer-reviewed journal articles and more than 70 book chapters, as well as written two single-authored academic treatises on the autonomic nervous system. His research focuses on clinical neurocardiologic disorders and catecholamine systems.

Linda J. Smith is the founder and Executive Director of the National Dysautonomia Research Foundation (NDRF). After receiving a diagnosis in 1996, Mrs. Smith and her husband established the NDRF to help fill a critical need of individuals with dysautonomia—education and support. Mrs. Smith has

been an active participant in research protocols, to determine the underlying mechanisms of orthostatic intolerance, and as a lifelong patient she has become a leading spokesperson for people impacted with dysautonomia. The American Autonomic Society, the National Institutes of Health, and NASA have cited Mrs. Smith's efforts. Giving voice to over one million Americans, Mrs. Smith has worked as an advocate in the private, public, and government sectors to help raise awareness of these devastating conditions.

