Should an invisible illness be taken just as seriously as a visible one?

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WHAT IS INVISIBLE ILLNESS

- Chronic conditions that are not easily seen by the general public

*Illnesses that are debilitating, and prevent a person from performing traditional everyday activities, but with no obvious physical symptoms to observers
Dysautonomia is an umbrella term used to describe several different medical conditions that cause a malfunction of the Autonomic Nervous System.

Postural orthostatic tachycardia (P.O.T.S) laying down/sitting to standing up
-Blood flow rushes to feet rather than brain
“Fight or Flight”

“Rest and Digest”
Symptoms include:

- Lightheadedness/Fainting
- Unstable blood pressure
- Tachycardia (abnormally rapid heart rate)
- Gastroparesis
- and more
Over 70 million people suffer with various forms of dysautonomia

P.O.T.S - Affects 1 in 100 Teenagers
“When your spoons are gone, they are gone”

**SPoon Theory**

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**EXPLAINED**

CONGRATS! YOU HAVE A CHRONIC ILLNESS! YOUR NOW FINITE ENERGY SUPPLY WILL BE REPRESENTED BY SPOONS.

YOU HAVE 12 SPOONS TO GET THROUGH THE DAY.

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**WAKE UP**

- ARE YOU STIFF? IN PAIN? THIS IS A SLOW PROCESS.

**Shower**

- SORE JOINTS MAKE THIS EXTRA DIFFICULT
Have you ever passed out?
What do you feel just before?
- Dizzy
- Shakey
- Nausea
- Blurry Vision / Seeing Stars
- Hot / Cold Sweats

Now imagine feeling like that almost every day of your life......That is dysautonomia.
WHAT TREATMENTS HELP?

- IV Saline Solutions
- Increase in Salt & Water intake
- Special Exercises (reclined)
- Medication (some respond well to medication)
- Support groups

*THERE IS NO CURE*
RAISE AWARENESS

WHAT CAN YOU DO?

MAKE NOISE FOR TURQUOISE


Invisible illnesses available at: http://invisibleillnessweek.com/