



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



# WHAT IS DYSAUTONOMIA?



Dysautonomia is an umbrella term used to describe several different medical conditions that cause a malfunction of the Autonomic Nervous System.

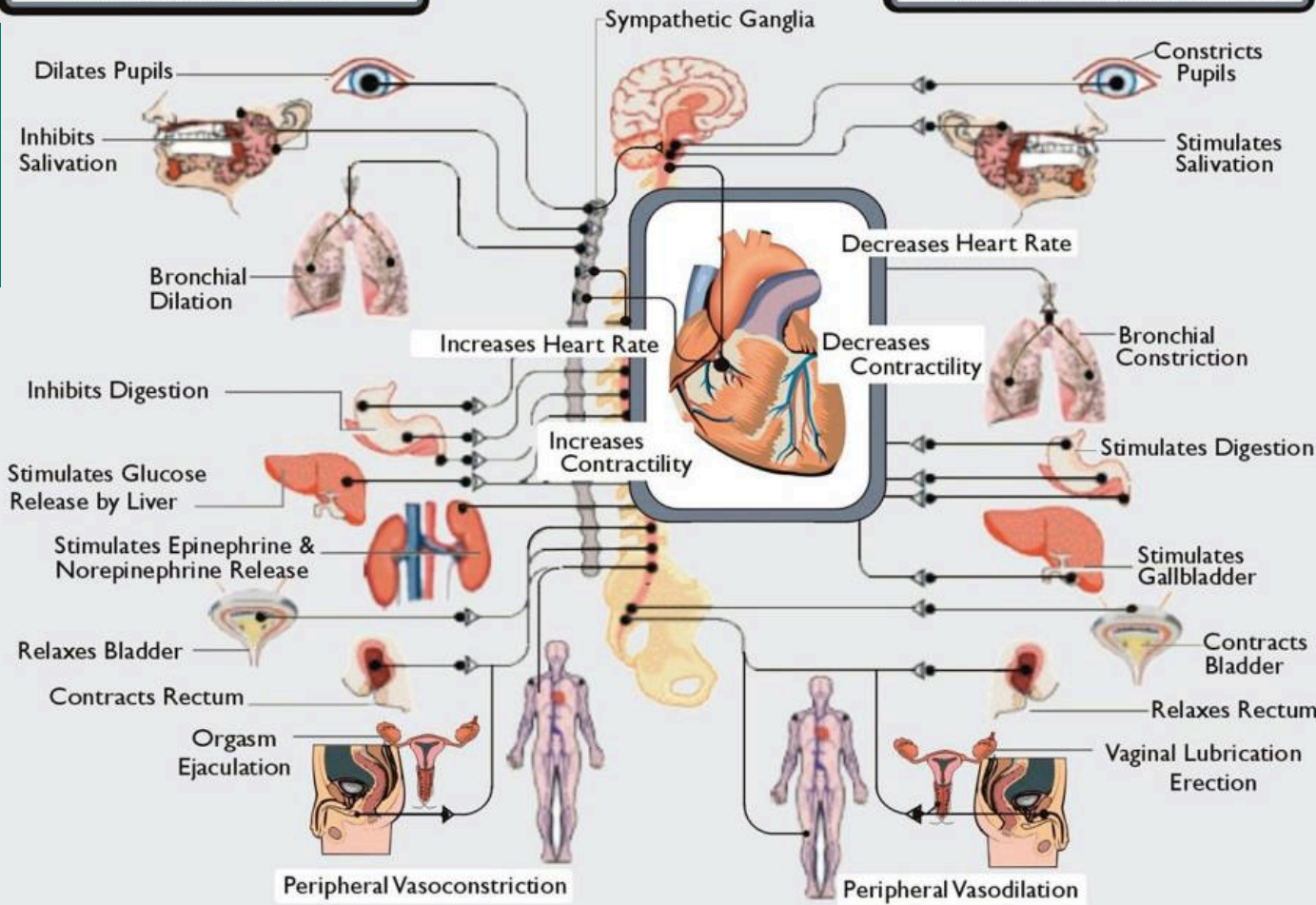
Postural orthostatic tachycardia (P.O.T.S) laying down/sitting to standing up  
-Blood flow rushes to feet rather than brain

# SYMPATHETIC

# PARASYMPATHETIC

"Fight or Flight"

"Rest and Digest"



# SYMPTOMS INCLUDE

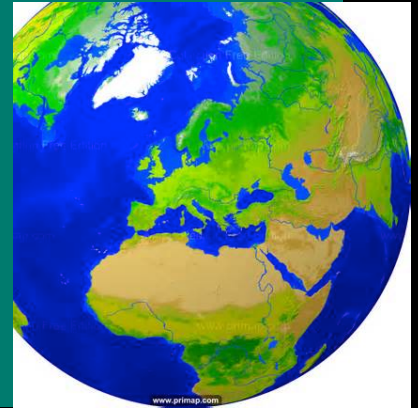
- Lightheadedness/ Fainting
- Unstable blood pressure
- Tachycardia (abnormally rapid heart rate)
- Gastroparesis

and more



Over 70 million people suffer  
with various forms of  
dysautonomia

P.O.T.S - Affects 1 in 100  
Teenagers





# SPOON THEORY

"When your spoons are gone, they are gone"



# SPOON THEORY

— 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.



WAKE UP

SPOON :  
COST :



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

SPOON :  
COST :



SHOWER



— SORE JOINTS MAKE THIS EXTRA DIFFICULT

**Want to imagine what POTS is  
like?**

**Fast for 24hrs.**

**Donate a pint of blood.**

**Turn your temperature up to  
100 degrees.**

**Stand motionless.**

**Enjoy your symptoms.**

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



PLEASE DO NOT DRINK



WHAT  
CAN  
YOU  
DO?



RAISE  
AWARENESS



MAKE  
NOISE  
FOR  
TURQUOISE

# WORK CITED

The Spoon Theory, written by Christine Miserando, available at:

<http://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

Diagram of the Autonomic Nervous System, created by Dr. Aaron Vinik, available at:

<http://www.dysautonomiainternational.org/page.php?ID=122>

"What is dysautonomia?" written by Dysautonomia International, available at:

<http://dysautonomiainternational.org/page.php?ID=34>

Invisible illnesses available at:

<http://invisibleillnessweek.com/>

What dysautonomia feels like and more, from Living With Bob, available at :

<http://bobisdysautonomia.blogspot.com/2009/09/dysautonomia-invisible-illness-my-ar-se.html>