

Fatigue Post-Nasal Drip Sleep unrestorative  
Short term memory impairment (Brain Fog)

## **IRRITABLE BOWEL SYNDROME - (IBS)**

Sensitivity to cold Muscle twitching  
Numbness/tingling Headaches IBS  
Difficulty getting out known words

## **POLYARTHRALGIA**

Unaccountable irritability Adrenalin surges  
Appendicitis-like pains Belly fat pad Bruising  
Bloating Burping Chest pain Tinnitus  
Bothered by pressure of glasses/headbands/

## **CHRONIC PAIN DISORDER**

Adrenalin surges Bruxism Buckling knee  
Carbohydrate cravings Chest tightness  
Carpal-tunnel-like pain Chocolate cravings

## **NEURALGIA**

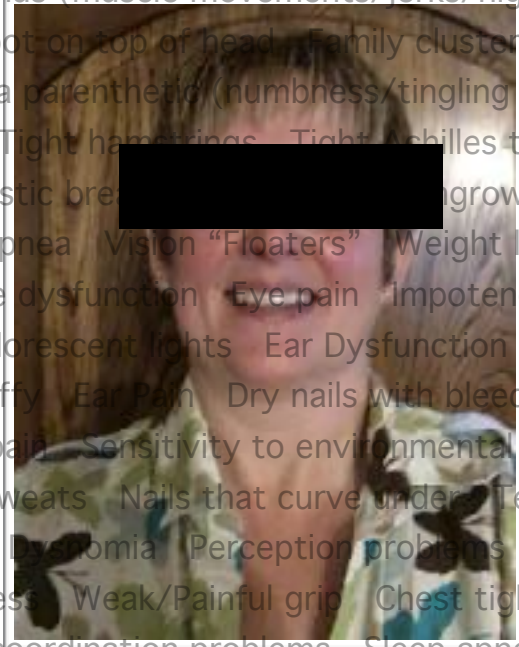
Stair climbing problems Dizziness when  
turned fast Sensitivity to odors TMJD  
Confusional states Sensory overload  
FMS/MPS sinus syndrome Swollen glands

## **POSTHERPETIC NEURALGIA**

Cries easily Vision Perception problems  
Weight gain Free-floating anxiety Sciatica  
Hypoglycemic symptoms Shortness of breath  
Problems holding arms over head Nausea

## **FIBROMYALGIA**

Nail ridges Eye/ear/nose/dysfunction  
Itching/rashes Mood swings Pelvic pain  
Painful intercourse Raynaud's Restless leg  
syndrome Shortness of breath Short-term  
memory impairment Drooling in sleep PMS  
Myoclonus (muscle movements/ierks/night)



**NOTE:**  
\* I decided to use an actual picture to show a real person living with these hidden conditions/illnesses.  
\* I am using a blind fold to show that I have no way of knowing which condition(s) and symptoms are attacking me.  
\* I am using my actual diagnoses (so this list may grow).

Sore throat Panic attacks Leg cramps -lower  
Directional disorientation Low back pain

## **SOMATIC SYMPTOM DISORDER**

Balance problems/staggering gait Ear itchy  
Diffuse swelling Sensitivity to humidity  
Sensitivity to pressure changes Weak/painful  
grip Heart attack like pain FMS/MPS foot

## **PELVIC FLOOR SYNDROME**

Delayed reactions to overdoing it Pelvic pain  
Night driving difficulties Sensitivity to heat  
Unexplained toothaches Groin pain Cramps

## **PARESTHESIA**

Shin splints Vision blurry Choking on saliva Chronic cough  
Confusional states Cries easily Deep hip pain  
Disrupted fat metabolism Dysnomia Fatigue

## **COLOSTOMY (PERMANENT)**

Electromagnetic sensitivity Lack of endurance  
First steps in morning-walking on nails  
Hands hurt in cold water Immune dysfunction  
Handwriting difficulties/pain Double vision  
Tilted feeling when cornering in car  
Irritable bladder Irritable bowel Leg cramps  
Migraines Morton's foot Mottled skin

**KEY:**  
\* Bold, All Caps: Medical Conditions  
\* Gray, lower case: Symptoms  
  
(These conditions SHARE symptoms.)

# **Living with Hidden Illnesses/Conditions**

**RULES OF CHRONIC CONDITIONS:**  
1. There are no rules.  
2. Lifetime disorders.  
3. Medical knowledge is often limited.  
  
Thus they are labeled as hidden illnesses and/or hidden conditions.