

HASHIMOTO

Meet Hashimoto's

Life



Hi. My name is Hashimoto's, and I'm an invisible autoimmune chronic illness that attacks your thyroid gland, for starters.

I am now velcroed to you for life. Others around you can't see or hear me, but YOUR body feels me.

Your family, friends, and co-workers will all listen to you until they just get tired of hearing about how I make you feel and just how debilitating I can be. They will not understand.

Some of them will say things like, "Oh, you are just having a bad day" or "Well, remember, you can't do the things you used to do 20 YEARS ago", not hearing that you said- 20 DAYS ago.

Some will start talking behind your back, and they'll call you a hypochondriac. You slowly feel that you are losing your dignity trying to make them understand, especially when you are in the middle of a conversation with a "normal" person and can't remember what you were going to say next.

I can attack you anywhere, and anyhow, I can.

I cause severe pain, or if I'm in a good mood, I can just cause you to ache all over.

Remember when you and Energy ran around together and had fun? Exercise will make you feel worse, so live with that.

I took energy from you and gave you exhaustion. Try to have fun now!

I can take good sleep from you and, in its place, give you brain fog and lack of concentration.

I can make you want to sleep 24/7, and I can also cause insomnia.

I can make you tremble internally or make you feel cold or hot when everyone else feels normal.

I can also give you swollen hands and feet, swollen face and eyelids, swollen everything!

Oh, yeah, I can and do make you feel very anxious or very depressed.

I make your hair fall out, become dry and brittle, cause acne, cause dry skin, the sky is the limit with me!

I can make you gain weight and no matter what you eat or how much you exercise, I can keep that weight on you. I can also make you loose weight. I don't discriminate.

Some of my other autoimmune disease friends often join me, giving you even more to deal with.

If you have something planned or are looking forward to a great day, I can take that away from you.

You didn't ask for me. I chose you for various reasons:

That virus or viruses you had that you never really recovered from, or that car accident, or maybe it was the years of abuse and trauma (I thrive on stress.) Maybe you have a family history of me.

Whatever the cause, I'm here to stay.

I hear you're going to see a doctor to try and get rid of me. That makes me laugh! Just try. You will have to go to many, many doctors until you find one who can help you effectively.

You will be put on the wrong thyroid meds for you, pain pills, sleeping pills, energy pills, told you are suffering from anxiety or depression, given anti-anxiety pills and antidepressants.

There are so many other ways I make you sick and miserable, the list is endless – that high cholesterol, gall bladder issue, blood pressure issue, blood sugar issue, heart issue among others? That's probably me.

Teeth and gum problems? TMJ? I told you the list was endless.

You may be given a TENs unit, get massaged, told if you just sleep and exercise properly I will go away.

You'll be poked, prodded, and MOST OF ALL, not taken seriously when you try to explain to the doctor how debilitating I am and how sick you really feel.

You'll be told to think positively.

I am Hashimoto's Disease.

