

Invisible Illness Resources

With the hope that these resources would be of value to you and help you along the journey to do self-care while managing your condition.

Be kind.... Because everyone we meet is fighting a battle of some kind. Greek philosopher Plato.

Our chronic illness is something we go to the doctor and discuss. Our chronic illness is what we treat with the medications and supplements. But our invisible illness is what effects how we deal with the world around us in regard to our body and its limitations. Fifty-four million Americans -- about 20% of the population -- live with some level of disability. Of those, 96% have an invisible illness. Invisible disabilities can present with varying symptoms such as debilitating pain, fatigue, dizziness, weakness, cognitive dysfunctions (brain fog), learning differences and mental disorders, as well as hearing and vision impairments. Most of these chronic invisible conditions are not always obvious to an observer but can sometimes or often limit daily activities. Invisible illness can happen to anyone, at any time in their life and at any given moment. Some of the celebrities that have an invisible illness and have created awareness about these conditions are Selene Gomez, Bella Hadid, Jessie J, Lil Wayne, Morgan Freeman, Lady Gaga, just to name a few. Examples of invisible illnesses include arthritis, rheumatoid arthritis, cancer, Lupus, chronic fatigue syndrome, diabetes, lyme disease, MS, chronic migraines, depression and mental illness and fibromyalgia, among many others that can make it hard for a person to live their life and be a productive member of society.

Sincerely,

Yvette Durazo, MA, ACC

UCSD 9th Annual Women Conference

Wellness and Mindfulness Co-chair



Organizations	About	Website	Facebook
ME In Actions #MILLIONSMISSING	Millions missing tries to share awareness of the devastating effect that ME has on our lives and to promote advocacy efforts to make us visible	http://millionsmissing.meaction.net/	https://www.facebook.com/pg/BettieJohnHough/about/?ref=page_internal
Solve MECFS	Mission For ME/CFS to be understood, diagnosable and treatable.	http://www.solvecfs.org/	https://www.facebook.com/pg/SolveMECFInitiative/about/?ref=page_internal
Medical Medium	Medical Medium Anthony William has devoted his life to helping people overcome and prevent illness — and discover the lives they were meant to live. What he does is several decades ahead of scientific discovery.	http://www.medicalmedium.com/	https://www.facebook.com/medicalmedium/
Arthritis National Research Foundation	Dr. Zaher Nahle, Executive Director is an award-winning scientist with interdisciplinary training in biomedical research and public administration.	www.CureArthritis.org	https://www.facebook.com/pg/CureArthritis/about/?ref=page_internal
National Association on Mental Illnesses (NAMI)	NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental	https://www.nami.org/	https://www.facebook.com/namisandiego/

	health organization dedicated to building better lives for the millions of Americans affected by mental illness.		
HHV-6A Foundation	The Foundation also seeks to raise awareness among physicians of the many conditions that have recently been associated with HHV-6 infection and encourage the discovery of antiviral compounds appropriate for HHV-6. The Foundation pilot grants allow investigators the seed funds to gather preliminary data in order to apply for larger grants. Latent HHV-6A may impair myelin repair in multiple sclerosis	http://hhv-6foundation.org/	
Kaleidoscope Fighting Lupus	It is our mission to EDUCATE the public and to INFORM the medical community about lupus, to ADVOCATE for earlier life-saving diagnosis, to SUPPORT people living with lupus and to COLLABORATE with government and foundations to fund research toward a cure.	https://www.kaleidoscopefightinglupus.org/invisible-illness-but-you-look-so-good/	
Open Medicine Foundation	Open Medicine Foundation (OMF) envisions improved	https://www.omf.ngo/	

	health care for patients suffering from chronic complex diseases with collaboration between the patients, clinicians, and researchers.		
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Clinics	About	Website	Facebook
Vitality 101	Jacob Teitelbaum, M.D., is one of the most frequently quoted integrative medical authorities in the world. He is the author of the best-selling <i>From Fatigued to Fantastic!, Pain Free, 1,2,3!, The Fatigue and Fibromyalgia Solution</i> , and the popular free Smart Phone app <i>Cures A-Z</i> . He is the lead author of 4 studies on effective treatment for fibromyalgia and chronic fatigue syndrome, and a study on effective treatment of autism using NAET. Dr. Teitelbaum appears often as a guest on news and talk shows nationwide including Good Morning America, The Dr. Oz Show, Oprah & Friends, CNN, and Fox News Health. Learn more at www.Vitality101.com .	www.Vitality101.com	
Bateman Clinic	Left without basic medical understanding of these diseases, primary care physicians typically refer patients to one of the few specialty care clinics in the United States —such as Bateman Horne Center—for diagnosis and treatment.	https://batemanhornecenter.org/	https://www.facebook.com/batemansclinic/
Chronic Illness Psychological therapists in San Diego County, CA	Finding a good therapist that knows how to work with you with any Chronic Illness is very important to your self-care and healing process.	https://www.psychologytoday.com/us/therapists/chronic-illness/ca/san-diego-	

		county?sid=1520154670.2928_11622	
Dr Andre Weil	Dr. Weil, as a practitioner and teacher of integrative medicine for the last thirty years, it has been my personal mission to drive research, education, and clinical practice to advance a philosophy of health that addresses mind, body and spirit. I believe that integrative medicine is the future of medicine and healthcare.	https://www.drweil.com/	

Movies/ Videos

Unrest	https://www.youtube.com/watch?v=Fb3yp4uJhq0	https://www.facebook.com/unrestfilm/ https://www.unrest.film/
Invisible Illnesses Mini Documentary	https://www.youtube.com/watch?v=TX2YfiiyHBc	
Five Foot Two- Lady Gaga- documentary where she talks about her invisible illness	Netflix.com	

Other Resources

Celebrities with Invisible Illness	https://themighty.com/2017/11/real-housewives-of-atlanta-porsha-vasovagal-syncope/	
The Mighty- Online magazine	https://themighty.com/chronic-illness/ https://www.facebook.com/ChronicIllnessOnThemighty/	The Mighty is a site where people share their personal experiences with disability, disease and mental illness. To share your story with us, send it to community@themighty.com for editorial consideration. To share a video with us, send it to video@themighty.com . All other questions, email community@themighty.com to get in touch with a member of our Mighty team. Thank you for being a part of our community!
The Handicapped in Heels	https://handicappedinheels.wordpress.com/2018/01/09/the-irony-of-invisible-illness/	
The Invisible Illness	https://www.theinvisibleillnesses.org/	

UCSD Department	Contact	Website	Email
UCSD Disability Department	Melissa Williams, Director	http://blink.ucsd.edu/HR/services/support/disabilities/index.html	melissawilliams@ucsd.edu
UC Health System Disability	Kimberlee Esskierka, Director	https://health.ucsd.edu/healthinfo/Pages/default.aspx	
UCSD Center for Integrative Medicine	Lauray MacElhern, Manager Director	http://cim.ucsd.edu/ https://www.facebook.com/ucsdcim	lmacelhern@ucsd.edu
Office of Prevention Harassment and Discrimination (OPHD)	Elena Acevedo Dalcourt , Interim Director	http://ophd.ucsd.edu/index.html	http://ophd.ucsd.edu/report-bias/eform-report-bias.html
UCSD Center for Mindfulness		https://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx	

Hope these resources were of support to you. If you are interested in creating an Invisible Illness Support Group at UCSD, please feel free to contact me at ydurazo@sbcglobal.net , on the Subject line write : UCSD Support Group