

Von: **Ehlers-Danlos Syndrome on The Mighty** email@e.themighty.com
Betreff: Can your braces be pretty?
Datum: 4. Oktober 2018 um 12:02
An: karina.sturm86@gmail.com



EHLERS-DANLOS SYNDROME • October 4, 2018

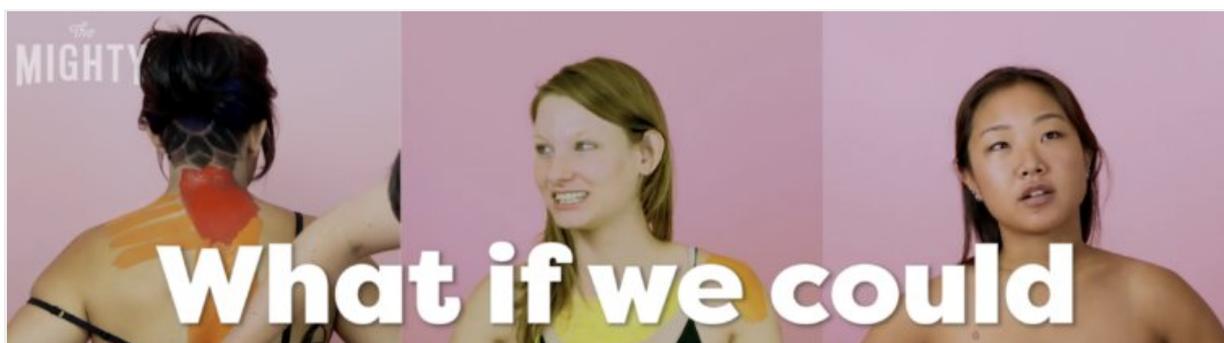


40 Brilliant Ways to Make Ehlers-Danlos Syndrome Medical Devices More Fashionable – on **The Mighty**

5 Strategies to Master a Day at School or Work With Ehlers-Danlos Syndrome – on **The Mighty**

We painted bodies to answer, “What if we could see chronic pain?”

Watch the video by clicking on the picture below.





The Mighty on YouTube

Dear EDS warriors,

I remember the time when I got my first brace for Ehlers-Danlos syndrome like it was yesterday. I had to fight for weeks to get my prescription for a neck brace and finally when I held it in my hand, a question popped into my head: How will I look with this plastic brace wrapped around my neck? Will people treat me differently if they see that something is wrong or will they ignore it? It didn't take long until I stopped caring what other people might think because my brace gave me so much relief that I wore it proudly.

The years after, I purchased braces for most of my joints. My family and I would joke about how my friends go shoe shopping while I end up in the orthopedic rehabilitation store around the corner to buy my supportive devices. This got me to think. Why can't my braces be fashionable? They will certainly accompany my whole life, and I want them to be as cool as new boots. So I started to experiment a bit as you can see in these pictures:



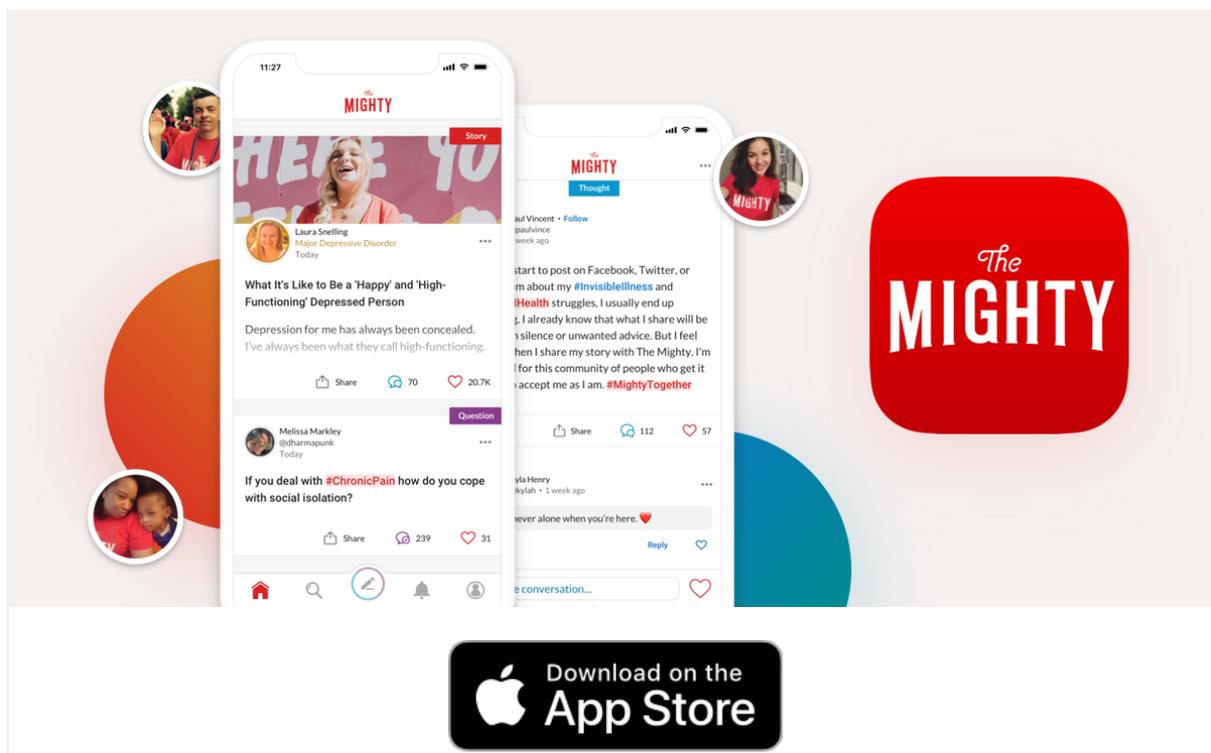


Unfortunately, I have never been good with handicrafts. Lucky for me, our EDS community is a fantastic source of creative ideas. So we asked the community for [their fashion tips](#) for living with EDS. I hope you enjoy this [week's featured story](#), and I want you to know that you are beautiful on the inside and outside no matter what you are wearing.

Stay [#MightyTogether](#),

Karina





Today's question from the community:

Sage asked...

How Do You Deal With Missing Out?

This week I will be missing out on an epic, bucket-list event because it will be physically grueling for days on end, and I physically can't do it. I've gone through a range of emotions over this, and was wondering how the mighty community deals with missing out on important things?

Emotions: Jealousy, loneliness, anger, sadness, inadequacy and great disappointment.

Remedy: Being excited for those who can go. Counting my blessings.

Hope that another opportunity like this will come up but with less of a physical toll. Engaging positively with those that can go.

[#ChronicIllness](#) [#CopingTips](#)

Read the responses, and [answer](#) Sage yourself:

SEE THE FULL POST

Chronic illness can be tough, and sometimes we might lose hope. But there is always a reason we [#keepgoing](#). Share yours with me.

I wrote...

My 10 reasons to [#keepgoing](#)

- I still haven't eaten food from every country in the world (and I certainly plan to)
- For all the people that never gave up on me and always had my back
- I haven't seen enough of the world
- I haven't reached all my goals in life
- There is always hope
- Despite the hard times, I love my life
- I think I might have something to offer to the people around me
- For as long as I am able to write, I can keep going
- The Ocean
- Heavy Metal Music (and Film Music)

[#EhlersDanlosSyndrome](#), [#ChronicIllness](#)

Read the responses, and [reply](#) to me yourself:

SEE THE FULL POST

The
MIGHTY



Heard about this email from a friend and love it? [Subscribe](#) to **EDS on The Mighty** to get it every week. If you'd like to change how you receive our emails, you can [update your preferences](#), [opt out of this newsletter](#), or [opt out of](#) all emails from The Mighty.

The Mighty – 210 N. Glenoaks Blvd, Burbank, CA 91502