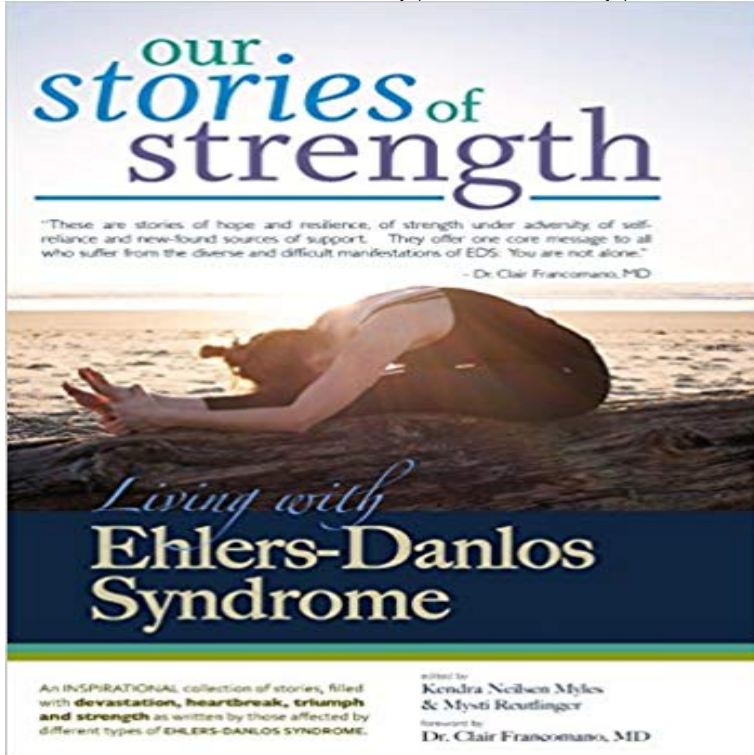


Our Stories of Strength - Living with Ehlers-Danlos Syndrome



An inspirational collection of stories, filled with devastation, heartbreak, triumph, and strength as written by those affected by different types of Ehlers-Danlos Syndromes. These are stories of hope and resilience, of strength under adversity, of self-reliance and new-found sources of support. They offer one core message to all who suffer from the diverse and difficult manifestations of EDS: You are not alone.

- Dr. Clair Francomano, MD
Ehlers-Danlos Syndrome is another form of the human body. Just as there are tall people, short people, dark skin colored people, and light skin colored people, each with their own set of medical issues similarly there are hypermobile people and not so hypermobile people who have different medical issues. Our understanding of EDS has improved, but we still have a lot of work to do. While the medical world works on understanding Ehlers-Danlos Syndrome, people with EDS have provided us with stories of courage and ingenuity. These stories give others and doctors the strength to find solutions. - PRADEEP CHOPRA, MD
As a physical therapist who works with many patients suffering from EDS, I've seen firsthand how isolating and frustrating EDS can be. Along with a more knowledgeable medical field, what these patients need most is an understanding that they are not alone and to be given hope. Our Stories of Strength provides both community and hope and will be just as effective as any medication or exercise. - CHRISTOPHER GNIP, PT, DPT
EDS is a group of heritable connective tissue disorders that can cause a wide variety of symptoms throughout different body systems; each unique in presentation to the individual. The variety of symptoms and presentations proves challenging to the medical community in diagnosing and treating patients; many of whom are misdiagnosed and suffer as a result. EDS has been commonly viewed as

just Benign Joint Hypermobility Syndrome (BJHS/JHS) or Hypermobility Syndrome (HMS). Based upon recent research, the prevalence of EDS exceeds current estimates. Kendra Neilsen Myles and Mysti Reutlinger founded Our SOS Media, LLC with core values of giving back to non-profit organizations, creating jobs for people living with invisible and chronic illnesses, and providing an outlet to those willing to share their stories through submissions in the Our Stories of Strength anthology series. Our SOS Media, LLC recognizes that it is through opening doors to needed conversations and sharing stories of strength, determination, and perseverance that we are able to facilitate positive changes to the way we live and help shape perceptions of those around us, as well as in the medical community. We are stronger together.

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