Invisible Chronic Illness: Invisible Is Not Imaginary

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2. Name Your Illness: Externalizing the Story
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Invisible Chronic Illness: Any physical disease characterized by persistent symptoms not manifested in a way that produces external indications (Donoghue & Siegel, 2000; Matthews & Harrington, 2000).

Estimated 133 million diagnoses with ICI yearly (NCI, 2009).

Individuals with ICI often struggle to feel heard by doctors, find a correct diagnosis, and balance daily life with symptoms (Donoghue & Siegel, 2000; Vickers, 2004).

Research indicates individuals who discuss ICI benefit from strengthened relationships, decreased feelings of isolation, and increased empowerment (Donoghue & Siegel, 2000; Horan et al., 2009).