



**FRANKLIN
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The Long Road to Answers: Why You Were Misdiagnosed for Years

If you are reading this and finally have a diagnosis of **hEDS** or **HSD**, you might feel a mix of relief and anger.

For many patients, the diagnosis comes decades too late. You may have struggled through grade school, high school, and your career feeling like you were fighting a losing battle against your own body. You dealt with pain, extreme fatigue, brain fog, and joints that slipped out of place (subluxations)—all while being told you were "fine."

The "It's All in Your Head" Trap

The most common story in the EDS community is the patient who sees a dozen different doctors and is eventually labeled with "Anxiety" or a "Functional Disorder."

Why does this happen? It's not necessarily because the doctors are bad; it's because the disease is a master of disguise.

The "Too Many Symptoms" Problem Medicine is often divided into specialties. You see a urologist for bladder issues, a gastroenterologist for stomach pain, a neurologist for headaches, and an optometrist for eye trouble.

- The eye doctor looks at your eyes and sees nothing wrong *structurally*.
- The stomach doctor does a scope and sees nothing wrong *structurally*.

Because these doctors often don't talk to each other, nobody sees the big picture. They see a patient with a laundry list of complaints that don't seem connected. When a doctor can't find a physical cause for so many different problems, they often conclude the problem must be psychiatric.

Connecting the Dots

The reality is that these "unrelated" symptoms are actually all the same problem. Your connective tissue is everywhere—in your eyes, your gut, your bladder, and your nerves. When the tissue is faulty, *everything* malfunctions.

The Chicken or the Egg?



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It is true that many hEDS/HSD patients suffer from anxiety and depression. However, it is crucial to understand the order of events:

- **The Misconception:** You are in pain and tired *because* you are anxious or depressed.
- **The Reality:** You are anxious and depressed *because* you are in chronic pain, your body is unreliable, and you haven't been believed for years.

The mental health struggles are **secondary**. They are a natural human reaction to living with a debilitating, undiagnosed illness. You aren't crazy—you've just been trying to survive without the right manual for your body.