

# Hannah Eichner

## Stories of Hope





# Now

- UNC student studying health policy
- Semester abroad in Spain
- Interning in DC this summer
- Not quite functioning “normally”, but so close



# Then

- High school half time, in a wheelchair
- Often crawling at home
- Recumbent biking 3x a week
- Mitochondrial disease diagnosis
  - Genetic metabolic disorder
  - → wouldn't "grow out" of my POTS
- Feeding tube
- Happy... but struggling

# What changed?

- ◆ Mayo's Pain Rehabilitation Clinic
  - ◆ Three weeks, nine hours a day
  - ◆ Focus on increasing functioning
  - ◆ Not just for pain– POTS too
  - ◆ Physical therapy, occupational therapy, cognitive behavioral therapy, relaxation
  - ◆ Most importantly, upright and functioning all day every day!
- ◆ Not needed or right for everyone– but for me it was perfect



# Keeping it Up

- ◆ Still keep going bad days
  - ◆ Distraction is big– focusing on symptoms reinforces them
- ◆ But, always keeping moderation and balance in mind
- ◆ Staying active-- cardio 4x a week, weights 2x
  - ◆ But more than that, just active living my life
- ◆ Still on all my POTS meds
- ◆ I'll always be POTSy– but my functioning and quality of life is **so** much better