



# The Spoon Theory and Osteoporosis

by NEWLIFEOUTLOOK TEAM

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## Understanding the Spoon Theory

When others can't see an illness, they assume it isn't there. This is something people with chronic illness must face every day. If you have osteoporosis, it can be extremely difficult to make people understand what you're going through when they can't see what's ailing you.

This is where the spoon theory comes in handy. The spoon theory was created by Christine Miserandino, who needed a metaphor to help explain her experience with lupus.

With the spoons representing energy, she explained that she has a certain number of spoons each day, and each task she completes "costs" a certain amount of spoons. She must ration her spoons every day to ensure she doesn't run out of them before the day is over or she will be dealing with fatigue.

Read on to learn more about the spoon theory and how to join in on the conversation yourself.

# what is Spoon Theory?



The **Spoon Theory** was created as a way for people with chronic illness to explain their experience to others.

## = ENERGY

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**IN THE U.S. ALONE**  
there are at least  
**112 MILLION**  
people living with one or more  
**CHRONIC ILLNESSES**<sup>1</sup>

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Despite this, there is still a lack of understanding towards sufferers.

## HOW IT WORKS

When you have a chronic illness, you have a **limited number of spoons** for each day — and each task you complete costs a certain number of spoons.

Once your spoons are gone, they're gone.

Say you have **10 tasks** to accomplish in a day — like showering, getting dressed, going to work, etc. — and only **10 spoons** for that day.

Some tasks may require more than one spoon, so some things won't get done. You could dip into your spoons for the next day, but then you'll have even fewer spoons tomorrow.



The difference in being sick and being healthy is having to make choices... the rest of the world doesn't have to.<sup>2</sup>

- Christine Miserandino, spoon theory creator

## AM I A SPOONIE?

The theory has a following of people with a range of conditions who call themselves **Spoonies**.

Conditions the Spoon Theory Applies to Include:

- |                            |                         |
|----------------------------|-------------------------|
| ★ Lupus                    | ★ Arthritis             |
| ★ Fibromyalgia             | ★ Diabetes              |
| ★ Depression               | ★ Cancer                |
| ★ Anxiety                  | ★ Chronic pain syndrome |
| ★ Chronic fatigue syndrome | ★ Osteoporosis          |
| ★ Multiple sclerosis       | ★ COPD                  |

### Show the Spoonies in Your Life You Care.

Share to get the word out about chronic illness and end stigma against sufferers.

Follow the discussion using #Spoonie  
#SpoonieProblems #SpoonieChat #SpoonieLife

#### Resources

- 1 <http://www.cdc.gov/chronicdisease/overview/>  
2 <http://www.butyoudontlookick.com/articles/written-by-christine/the-spoon-theory/>

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