



**HER FOUNDATION**  
HYPEREMESIS EDUCATION & RESEARCH

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## The Voices of HG from Around the World

All around the globe, HG women are speaking out

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“I had seen a dozen of doctors at least. They just told me it [happens]... and it could be psychological. The illness is nearly unbearable, but the negation of that illness is simply destructive.” –Virginie, **France**

“All our hopes of a big family have been shattered by Hyperemesis. The seven months spent in [the] hospital will never be forgotten, not even in a very distant future. I get upset when other mothers say to me that they understood what I went through because they had also suffered during their pregnancies and had bad headaches or couldn't drink coffee in the morning without feeling sick. Only Hyperemesis survivors can fully understand [that] something must be done.”  
–Jessica, **Germany**

“I feel I took the ‘easy’ way out and ended up terminating my pregnancies, I am ashamed to admit. The emotional scars are horrific, my life will never be the same. I can't afford Zofran. Surely it costs more to have a patient in the hospital than to reduce the cost of medication.” –LJ, **Australia**

“I had a doctor who put me in the anorexia program, because he thought it was a psychological problem. That made me extremely mad and frustrated knowing that was not the problem. At 8 weeks of pregnancy I felt like someone shot poison into my body, after delivery I felt fantastic, everything was gone immediately.” –Elisabeth, **Holland**

“I am still constantly amazed at how ignorant most of the medical staff are of how to pro-actively treat HG – mostly they seem content to just try to alleviate the symptoms temporarily rather than trying to find specific causes or truly effective interventions.” –Jo, **Zimbabwe**

“I was hospitalized [from] 5 ½ weeks [until] 17 weeks with admissions till delivery... I gave up work, couldn't walk, couldn't eat, and lost approx. 30 pounds. I looked like a skeleton and felt... like I was dead.” –Jacqueline, **Ireland**

“My muscles have broken down from being unable to walk without vomiting, I fractured a rib, tore my esophagus, damaged my eyes and need ten root canals.” –Wendy, **Australia**

“I did end up losing my job as a result of having HG and I had to go and live with my parents for 3 months so my mum could take care of me.” –Natalie, **United Kingdom**

“I ended up losing my job and my life for nine months... was told it was in my head... little treatment was offered... at 6 weeks pregnant... all I wanted was the pain and sickness to stop and was told I would have to... terminate. I have grieved every day for that loss... with awareness... and proper [information] maybe people [with HG] can be taken seriously and given proper care... doctors can do operations that you'd never think... possible; yet, they can't stop [HG]... it's heartbreaking, and soul destroying.” –K.N., **England**

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For more information or to locate an HG survivor in your country contact: [media@HelpHER.org](mailto:media@HelpHER.org)