

Handbag Syndrome – Yes, it's for real
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People who know me would describe me as having a purse problem. I love purses and can't bear to part with the ones I have collected over the years. I discovered the term Handbag Syndrome when perusing the web one day; and found it interesting to learn that carrying a purse that is too heavy can lead to discomfort.

According to Sammy Margo, Physiotherapist, the average purse weighs between 10 – 12 pounds. A gallon of paint weighs in at 10 pounds. I don't think any of us would want to schlep around a gallon of paint when out running our errands.

Thing that can happen if I carry around a purse that is too heavy:

1. If worn on the shoulder it may restrict blood flow at the shoulder.
2. It may place pressure on the nerves of the neck and shoulders causing pain in the neck, shoulders and lower back.

Things I can do to lighten up my purse:

1. Do not overload your purse.
2. Select a purse with built-in compartments to distribute the weight.
3. Empty your wallet of coins on a regular basis. That visit to coinstar when you fill up a container with spare change will give you a nice treat.
4. Think about how many pens, lipsticks, etc. you actually need to carry with you.
5. Use travel size items for your purse vs. the full size equivalents for things such as hand gel, lotions, over the counter medications, etc.
6. Only carry the keys that you need in your purse.

Making my purse more comfortable:

1. Choose a purse that has wide, adjustable straps.
2. Alternate shoulders when carrying a purse with shoulder straps.
3. Rest your purse on a counter or place in your shopping cart.
4. When you are out for a long day consider a cross body purse or a hip purse; and only keep with you the items that you genuinely need for the day.