

Teri Hatcher Struggles with Pain on the Path to Happiness

✘ *Desperate Housewives* star Teri Hatcher has had a year full of medical problems, including broken ribs and a “frozen shoulder,” but as she told [Prevention](#) in their June issue, it’s not slowing her down in finding love and happiness.

Hatcher’s medical problems began when she turned 45 after she cracked two ribs falling off a ladder while helping build a stage for her daughter’s birthday party. Then, while filming ABC’s hit reality show *Desperate Housewives*, she broke *another* two ribs while pole dancing. But all of these maladies have taken a backseat to her “frozen shoulder.” Frozen shoulder, medically referred to as adhesive capsulitis, causes stiffness and chronic pain in the shoulder area and greatly restricts movement of the arm. It’s sometimes associated with perimenopause (which Hatcher has stated that she does not have), and is found in women between the ages of 45 and 55. The disease lasts for about two years, and then, just like magic, disappears.

“It doesn’t even sound like a real disease, but it’s debilitating,” Hatcher told *Prevention*. At her lowest point, Hatcher was found sobbing in her closet because putting her clothes caused too much pain. She has gone to three doctors to help her with her shoulder trying many different treatments, including reflexology, raw food, physical therapy and extra strength Advil. But sadly, she has not found lasting relief from the constant pain.

However, despite going through a rough year, the actress is still trying to find romance. She told *Prevention* that she has been out on dates with a few men, and even has three men

calling her at the moment, which is new for her. “I’m all over the map,” she said. “I want to have an open mind.” Her “Mr. Right” is “fun, adventurous, funny, kind, honest, smart. Successful – but I want to be clear that doesn’t necessarily mean rich.”

While this past year has definitely been a difficult journey for Hatcher, she is looking optimistically towards the future, making sure she is healthy – both inside and out.

What are you doing to keep yourself happy and healthy? Let Cupid know in a comment below. And for the full interview with Teri Hatcher, pick up the June issue of *Prevention*, now on sale.