





On February 2, 2002, I got the flu and was in bed for two weeks. One day I woke up feeling so dizzy I could barely walk. I began having cognitive problems, body weakness and numbness on the left side of my body. This progressed to balance issues that caused me to fall down often on stairs and sidewalks. One fall caused me to become unconscious and the medics were called. The biggest eye opener was when I fell down a little ravine while out of town for work and broke my right ankle and leg. In May 2002, my primary care physician ordered an MRI of the brain and spine. The result showed brain lesions, and the physician thought it may be multiple sclerosis. She said that the MRI showed little white "fluffs" and thought it was depression, but not MS. After undergoing a lumbar puncture, the MS diagnosis was confirmed.



Over the next five years, the losses began. I lost some of my mobility; I lost my job; we lost our beautiful new home; I lost confidence. I also began to experience cognitive problems, and I would find myself either laughing or crying for no reason. Some of the symptoms seem to never go away. Then, I was introduced to the National MS society and the PACE support group. New doors began to open along with new friends, knowledge, doctors and help. This was a turning point in my MS journey; the most important turning point.

I am grateful and thankful for my new friends in the PACE Support Group. The friendships, knowledge and support I have gained is priceless! The National MS Society was and still is the key to my ability to move my life forward. Without the Society, the PACE Support Group would not exist. I also thank fundraisers such as the Bike MS participants for providing funds that support the Society and all of its programs and services for people like me. Thank you!



bike to create a world free of MS