

bike

MS<sup>®</sup>

Dat's How We Roll  
Ride 2014

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PEOPLES HEALTH

Your Medicare Health Team

# Kathy | my MS story

diagnosed 2003

My MS story began about 10 years ago. It was November 2003 and I felt great. I was working 60-80 hours a week, exercising regularly, and with my husband's help, raising three young children. Then one Friday morning I woke up with double vision. I went to work, but by noon, it was much worse and I was worried. I am an internal medicine physician, and I was fairly certain I had a brain tumor. I had my first MRI that afternoon, but when the images appeared on the screen, they were classic for MS lesions – not a tumor. The only thing I remember feeling at that time was relief.

Since then, I've had my ups and downs, but I continue to do most of the same things I did 10 years ago. As far as diseases go, MS has been tolerable. It seems like most people over the age of 40 have something, and for better or worse, MS is my thing. I eat right, exercise, take my medication and see my neurologist regularly. I do experience bothersome symptoms at times, but I try not to let it interfere with my life. Those of us with MS are fortunate to be living at a time when new and effective treatments are constantly being introduced. A great number of dedicated scientists and physicians have led this effort supported by groups like the National MS Society and others. Without their leadership and devotion to this cause, we could not have come this far. When I finished medical school, the interferons were just beginning to be tested in MS. Looking back, I am amazed at the impact those drugs have made in the lives of MS patients. Before interferons were introduced, most MS patients were faced with almost certain disability. Now, with those drugs and several newer ones, many MS patients will live mostly normal lives with minimal disability.

Bike MS is a fundraiser that is vital to the ongoing support of MS research, treatment and search for a cure. I am excited to participate for the first time. While I am a lifelong runner, I am relatively new to biking. I am inspired by the thousands of people who have taken the challenge before me – novice to expert cyclists who give their time and energy to support this worthy cause. Exercise is important for everyone, but it is especially important for those living with a chronic disease. I love the fact that Bike MS links a chronic disease, like multiple sclerosis, to a physically demanding event. Each time someone living with MS is able to complete this ride, I feel it is a real sign of progress in the fight against this disease. [See you in October.](#)



bike

MS | champions

bike to  
create a world  
free of MS