



Dat's How We Roll
Ride 2014

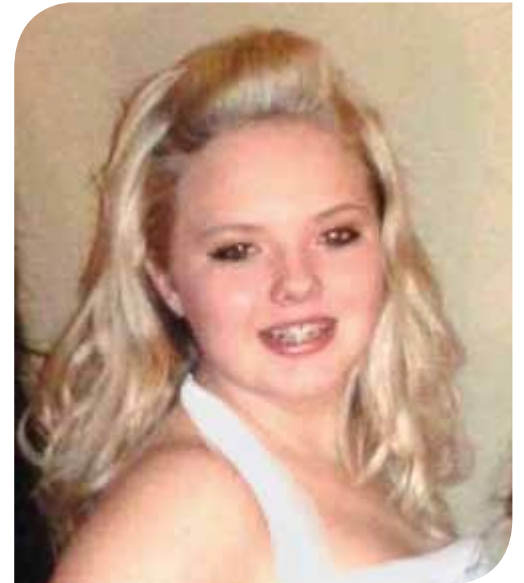
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PEOPLES HEALTH

Your Medicare Health Team

Rachel | my MS story

I have always been an active, normal teenager. I was involved in cheerleading team that was #1 in the county. I played softball as an outfielder, was an A/B student, and so full of life and energy. However, that all came to a screeching halt when I was 13 years old and began experiencing symptoms that made it impossible for me to do many of the things I enjoyed so much. It started with seizures and moved on to other things like fatigue, headaches, muscle spasms so severe that the doctors did a 24 hour hospital stay to try and monitor it to figure out what it was, aches and pains all over to the point that I couldn't move out of bed or off the couch, numbness and loss of some mobility. Then, after my 15th birthday, I was diagnosed with multiple sclerosis.



My first experience with losing feeling in my legs was when I woke up one morning and couldn't feel anything from the waist down. It was very scary. I am only 15 years old and wondered if yesterday would be the last day I would ever walk. I was scared to move or try to get out of bed. I had my phone and sent a text to my mom because I was afraid to even yell or talk out loud about it. I had to use a cane for a while and some days it was hard to get to the bathroom or to the kitchen without help. I have had vision problems. After a few different medications, physical therapy and many specialists, I have learned to live within my limits and take care of myself. I have to re-evaluate my future and what I am able to do. I can't act on a whim like my friends, I have to plan ahead. I stay as active as my body will allow me. I miss out on a lot, but I have gained compassion and patience.

Thanks to the National MS Society, I have a way to be a part of the solution instead of sitting back and letting this beat me. Finding a cure is something I hope for every day. Thank you everyone that participates in trying to make that come true!



**bike to
create a world
free of MS**