



Dat's How We Roll  
Ride 2014

presented by

**PEOPLES HEALTH**

Your Medicare Health Team

# Tim | my MS story

diagnosed 2004

The cause of MS is still unknown. However, I have heard a traumatic experience may trigger an individual's MS symptoms. My youngest daughter, Ashley, committed suicide on Jan 29, 2004 at the age of 19. I was diagnosed with MS in April 2004. I have three lesions on my brain and two on my spinal cord. Every three days for the past nine years I administer an injection to help manage my symptoms. I walk with a limp, use a cane, am unable to run, and have difficulty walking on uneven surfaces due to drop toe.

In January 2004, I was a running athlete that weighed 180 lbs. In June 2013, I weighed 228 lbs. and walked with a limp. My wife and I divorced in November 2013 after she admitted she did not want to be stuck caring for a handicap person the rest of her life. In May 2013, I was taken to the emergency room by ambulance with very low blood pressure and very high Creatinine due to a virus. My lack of mobility and appetite led to severe dehydration. I spent six days in the intensive care unit.

This near death experience forced me to make a life style change where I practice my three F's: family, fitness and friends. Without fitness in my daily routine, I wouldn't be able to spend good quality time with family and friends. Now, I exercise six days a week, eat right and have lost 62 pounds. I no longer need the assistance of a cane and am working on achieving the following goals: lose weight, tone up, quit smoking, run and play with my granddaughter, and dance with my granddaughter at her wedding. I've accomplished the first three goals, which I must maintain for the next 20 or more years since my granddaughter is only two years old right now. However, I know if I continue to 'Walk the walk, and talk the talk' I'll be dancing with her on her wedding day.

I have not felt this good mentally and physically in 12 years. I thank my life changing experience, my family and my friends for waking me up. I am looking forward to participating in this year's Bike MS: Dat's How We Roll, and all future rides!

I realize now, that regardless of where someone is with their MS, they need support, mentally and physically, from family and friends to understand what they are going through. An individual living with MS must do their part to live their best life by exercising and maintaining a positive attitude. My Dad, who passed away due to complications with diabetes, always stayed positive because of what he believed: "There is always someone better off than you and someone worse off than you. Deal with it." **Thanks Dad; I now believe!**



bike to  
create a world  
free of MS