



# doug | my MS story

diagnosed 1990

It was 1978 and I was a hard-working guy in the high-tech industry. I felt like my body ran on a binary switch - either on or off. My energy was low and I was having random burning and tingling in my legs particularly when I was in the shower, which seemed odd. I eventually went to a neurologist, and after much testing was diagnosed with stress-related symptoms. However, the neurologist's notes to my general practitioner told of possible multiple sclerosis.

After several visits, over several years with other medical professionals and individuals diagnosed with MS, too many similarities matched up for me to ignore MS as a possibility. I worked with a chiropractor hoping that the numbness and pains were only a pinched nerve. After no improvement and two more neurologist appointments I was given the "official" diagnosis of MS the day before Thanksgiving in 1990!



Doug, diagnosed 1990

Since my diagnosis, I have learned that every day is different. There is a lot of uncertainty with this disease, but there is also a lot of information and resources to help me live my best life. I encourage other people living with MS to connect with the National MS Society because they can help answer your questions, guide you to resources and connect you with a support group.

I have also learned the importance of an MS regimen to slow disease progression. Whether that is eating right, exercising or asking your doctor about new medications, it is important to begin taking positive steps against this disease. The Society has also given me an avenue to give back through volunteering and fundraising. I feel like I am doing my part to end MS, and am thankful for the opportunity to help other people living with the disease.

I am also thankful for all of you riding the BP MS 150! **You are changing the future for people like me, and I know that together we can find a cure for MS.**