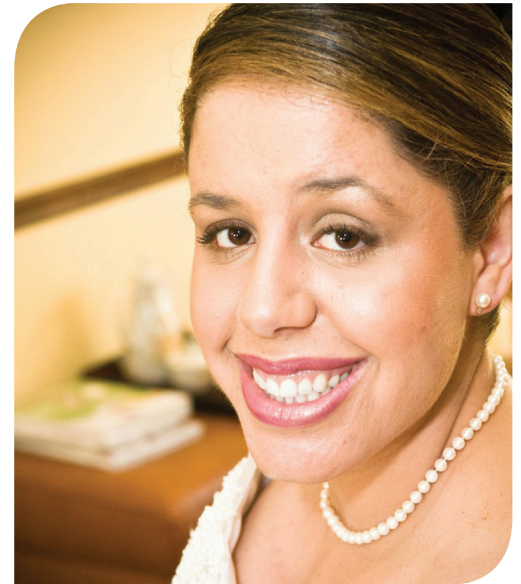




Jocelyn | my MS story

diagnosed 2011

I was in the Army when I developed optic neuritis. Due to vision problems, I was sent home to recover. Although disappointed, I returned in 2009 for my second tour, after which I finally received the official diagnosis of multiple sclerosis. The next couple years were hard - a relapse that affected my walking, getting used to a cane, giving up patient care for administrative duty and being officially discharged from the Army on February 4, 2015. However, it hasn't deterred me from living a full life.



Since my diagnosis I have joined a Self-Help Group, attended State Action Day, and participated in Walk MS and Bike MS. I am also in the process of becoming a District Activist Leader. I have learned that there are many other veterans like me who have been diagnosed with MS and classified as service-related. The National MS Society is collaborating with the Department of Veteran's Affairs MS Centers of Excellence to support improved care and support services for veterans with multiple sclerosis and their families. As an MS activist, I am able to share my story and advocate for federally-funded research dollars and support for other veterans like me. Through these opportunities, I do not feel alone anymore. The MS community has become like a family, supporting me on this journey and decreasing my fear of the unknown. My support from my husband and parents has also given me strength.

In September 2015, I went back to school to pursue a master's degree in mental health. Focusing on my mental, physical and emotional health is important to the management of my MS. Alongside my studies, I enjoy meditation, yoga, acupuncture and massage.

As a previous marathon runner, I understand the importance of perseverance to achieve one's goals. With the same fortitude, **I am determined that one day we will find a cure for MS and am thankful for everyone riding to create a world free of MS!**



Don't just ride, Bike MS

