



My name is Sally, I am a mother to three beautiful, full on boys aged 10, 7 and 4 and married to my wonderful husband Mike. During what was already a rough and mentally hard year of Covid-19 lockdowns etc, I was diagnosed with Relapsing Remitting Multiple Sclerosis.

A few days after doing some gardening in January 2020 my left leg went numb, I didn't really think anything of it and ignored it; but it

carried on for weeks and the numbness started to spread up my left side. After advice from my Mum, I went to my G.P who referred me to hospital for an M.R.I and other tests. The M.R.I was only done on my lower back so nothing significant showed up. A few months passed and the same thing started happening to my right leg. I was also experiencing an altered sensation in my legs; they were feeling cold in the heat of summer, tingling and painful. After another G.P visit, referral to a neurologist, bloods, lumbar puncture, a brain and spine M.R.I and what felt like months of waiting in August 2020 I received the news I was dreading. I had Multiple Sclerosis.

During the neurology appointment discussions, other symptoms popped up which I thought were just down to being a busy mum. Fatigue, bladder dysfunction and brain fog being the worst, are all part of my MS.

I was devastated to say the least at 31 years old. It just seemed ridiculous, all I could think about was my kids, and what my future was going to look like. Everyone around me was so supportive and after the amazing help from Liz (MS Waikato), meeting with me and my Mum, suggesting counselling and assuring me it's not a death sentence, these days can be fully managed. There are so many treatment options now available in NZ I began to come to terms with my diagnosis. I am on 4 weekly infusions on Tysabri, and for the past 3 years everything has been under control.

I still struggle most days. The fatigue is crippling and can make me feel like I'm missing out on so much time with my kids. I struggle in the heat, and can get a lot of leg/knee pain and brain fog. Sometimes I just can't get the words out, but with the help of my amazing family and the MS community we all get through it. Without my husband, Mum and Dad, in-laws and amazing boys I wouldn't be where I am today.

Sally

To make a donation - <https://fundraise.msnz.org.nz/faceofms/MS-waikato>