Hello.
My name is Maria.
I have Multiple Sclerosis.

"Last year I found out that I have Multiple Sclerosis or MS for short. Everyone with MS is affected differently but I think that if I tell you about what happened to me it might help you to understand more about it. I hope that reading my story will help you feel less unsure or worried about MS. Then if you meet someone who has MS or if you find that someone in your own family has MS you will know much more about it."

"This is my family – Ben, Cara, Dino
and Teddy our dog."

"Before I tell you any more though, I'd better introduce you to my family. This is Ben, my husband, Cara who is 14 years old, Dino who is 10 years old and our dog, Teddy. We all get on pretty well, most of the time! It helps having Teddy around because if we are feeling upset he loves to look after us!

One of our favourite times is the summer holidays. Cara and Dino are off school and Ben and I take some time off work. Sometimes we stay at home and other times we go away on holiday. We always try to have a fun time, doing things that we can all enjoy together, including Teddy. But last summer felt different…"

"I had no energy, I had to keep resting. I started to feel dizzy and felt like I was moving even when I was sitting still."

"Before we left to go on holiday, I was feeling unwell. I was finding it difficult to remember to pack everything we needed. I felt like a battery that needed to be recharged. Everyone was feeling excited about our holiday but I just felt like lying down. The side of my face and the inside of my mouth became numb. Everyone said that my face looked normal, but I felt like one side of my face was frozen.

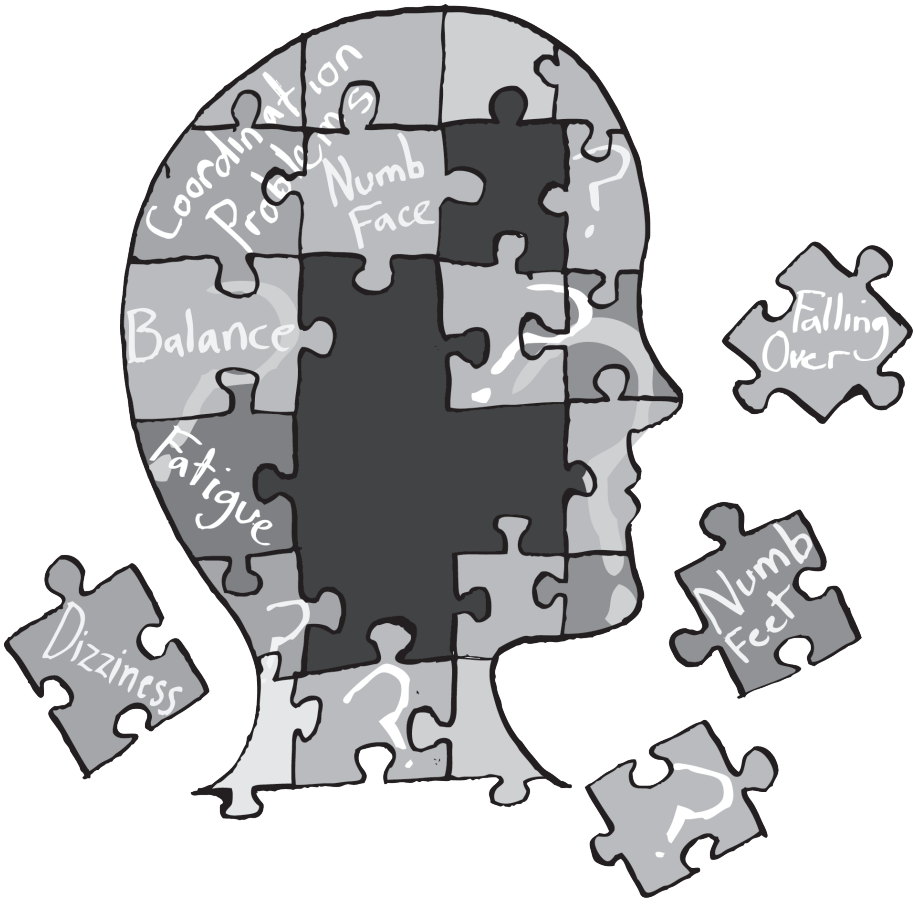
Once we were away, my energy seemed to slip away even more. I had to keep resting, I couldn't keep up with the others."

"I started to feel dizzy. Even when I was sitting down safely I felt like I was on the move.

One day my energy disappeared completely. I felt like a balloon that had had all its air let out of it. I had to spend a day resting, and I missed a trip to a chocolate factory, which I had been looking forward to. Cara and Dino went with Ben, and they brought a treat back with them. Chocolate!

Later on when we were home again, I noticed that my feet were very cold. I felt like I had ice blocks for feet even on sunny days! The last thing I remember happening that summer was that my legs became very weak. My legs stopped doing what I expected them to do, like I wasn't able to rely on them anymore. I had to really concentrate on walking, because if I didn't, I fell over.

After talking to my local doctor, Ben took me to hospital."



"I had a lot of different symptoms."