



## Speaking from Experience

### *Multiple Sclerosis*

#### **Transcript for chapter 2 of 8: Under attack**

**Mieke** - It started with numbness in the lower part of my body, and then I got extreme fatigue and a few months later I could hardly walk and my legs felt like I was walking in mud.

**Chris** - Once the course in the disease I had became progressive, things changed much more quickly. My balance worsened my ability to stand up was not something I could rely on any longer and I think the most noticeable thing was that my energy dwindled during the day.

**Mieke** - I saw the second stage in the development of the MS, and I had to go to the doctors again and I have to adjust at moments mentally especially to a complete new set of problems that I never expected would happen.

**Chris** - I began to have symptoms that I hadn't previously encountered. I began to have some cognitive dissidence, which means that I couldn't think as clearly or for as sustained a period as I had previously been able to. But I was lucky in the sense that still up to this day my upper body strength and sight have never been affected.

**Helen** - My major symptom is a very rare symptom of MS called trigeminal Norelgia.

**Noel** - The first major symptom I had was when I was on holiday and I was having a shower and I was flicking the water off my arm and off my leg and on my right side I was numb.

**Helen** - I'm on a couple of drugs which seems to be working on the pain, the pain when I do get it is quite horrendous, it's like being stabbed in the side of the head with an ice pick with is actually quite excruciating.

**Anna** - I'd had an episode that I now understand that is quite common with people who are eventually diagnosed with MS, and I went blind with my left eye.

**Antonella** - When I first had my attack it was optic neuritis which is blindness in the eye, and it wasn't for about another six months that I lost the use of my legs, and lasted for a couple of weeks.

**Anna** - I now am living in a wheel chair and I have been for the past five years. So basically I have had one major episode of MS and since then I haven't changed.

**Antonella** - Well MS that I've been diagnosed with is relapsing and remitting, and it comes and goes but obviously I know that I have got it for the rest of my life and you just don't know when you're going to have another attack.

**Anna** - I can feel my legs and I can feel when I touch them, but I can't feel hot or cold and I can't move them, I have no motor function.

**Antonella** - My worst year was probably last year when I had three separate attacks over a period of four months. Like I said before it affected different parts of my body so in some



respects I lost the feeling in my legs, experienced numbness. In some experiences I had loss of mobility.

**Noel** - I know people who have been diagnosed within six days and in the first three months been put in a wheel chair so it's very hard to say expect this or expect that because everyone's different.