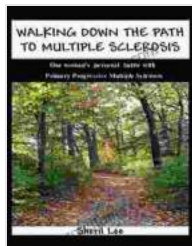


# One Woman's Personal Battle With Primary Progressive Multiple Sclerosis



## Walking Down the Path to Multiple Sclerosis: One Woman's Personal Battle With Primary Progressive Multiple Sclerosis by Beatrice Anahata

★★★★☆ 4 out of 5

Language : English  
File size : 578 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 49 pages



In 2010, I was diagnosed with Primary Progressive Multiple Sclerosis (PPMS). PPMS is a rare and aggressive form of MS that affects the spinal cord and brain. There is no cure for PPMS, and it can be incredibly debilitating.

I was 42 years old when I was diagnosed, and I had been experiencing symptoms for several years. At first, I thought I was just getting older. I was tired all the time, my balance was off, and I had trouble with my fine motor skills. But as my symptoms progressed, I knew that something was seriously wrong.

I went to my doctor, and after a series of tests, I was diagnosed with PPMS. I was devastated. I had never heard of PPMS before, and I didn't know

what the future held.

But I was determined to not let PPMS get the best of me. I started physical therapy, occupational therapy, and speech therapy. I also joined a support group for people with MS.

The support group was a lifesaver. I met other people who were going through the same thing I was, and I was able to share my experiences and learn from others.

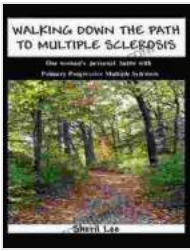
With the help of my therapists and support group, I was able to manage my symptoms and live a full and active life. I continued to work, I traveled, and I spent time with my family and friends.

But in 2015, my symptoms started to get worse. I lost my ability to walk, and I had to start using a wheelchair. I also had trouble with my speech and swallowing.

I was afraid that I was going to lose my independence, but I was determined to not let that happen. I continued to go to therapy, and I started using assistive technology to help me with my daily activities.

Today, I am still living with PPMS, but I am not defined by my disability. I am a wife, a mother, a grandmother, and a friend. I am also an advocate for people with disabilities.

I share my story because I want others to know that they are not alone. If you have been diagnosed with PPMS, or any other chronic illness or disability, there is hope. You can live a full and active life.

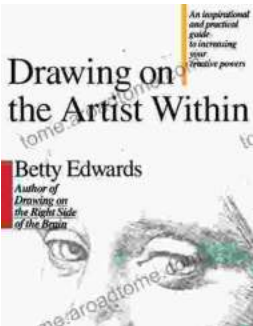


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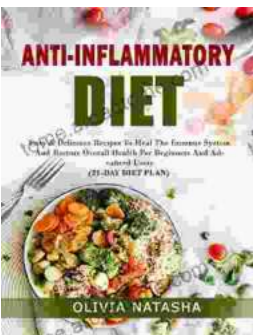
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