

MG Stories for June Awareness Month



Donna Ferreira, Believe in Yourself

It was generally accepted. I was certainly not a picture of grace and balance. Oops! There she goes again. Tripping over nothing and dropping yet another cup of coffee. Then one evening as I stood in my foyer, the muscles in both my legs collapsed and I fell forcefully to the floor and broke both of my femurs. That was the true beginning of my MG journey.

It literally took a hospital full of doctors to diagnose my MG and many wonderful nurses and technicians who worked with me through the feeding tube experience, the inability to speak and the true fear of the unknown.

I am 73 years old now. The diagnosis of MG came as I turned 70. There have been many difficult days and experiences, but I believe one of the most important tool in my Myasthenia tool kit is to not blame myself for what I could no longer do. It took me a while to remember to rest, to not consider myself lazy when I couldn't do what I used to do and give myself permission to say no to activities I could no longer participate in .

Friends and family are of great importance. I would not be here if it had not been for my daughter and her family. However, I will say with great conviction you have to reach down deep and pull out all of the resiliency you can find. Determination and stubbornness and belief in the core of your character is of great importance.

Donna