

Nicolette Hoffman



Now 21, Nicolette was diagnosed with myasthenia gravis (MG) when she was 14 years old.

“MG has impacted my life in many positive ways because I learned at a young age to not take your health for granted, even though MG isn’t necessarily life-threatening,” said Nicolette. “When I was first diagnosed, I really relied on my family for support, especially my mom and dad. My friends are a big support system also, and have regularly attended every MG walk in Tallahassee.”

An active runner and horseback rider, Nicolette says she had to change her lifestyle to avoid feeling fatigued.

“I rode horses for 6 years and went to the gym regularly so I had to learn not to push my body when my MG was acting up,” she said. “I think that was probably the hardest part – slowing down when I didn’t want to. But, in the last seven years, I have regained so much strength.”

For Nicolette, it was important for her to keep a regular routine, and not treat her life any differently when she was first diagnosed. She still loves to spend time outdoors, and has been thinking about riding horses again for the first time since she was 15.

Five years ago, Nicolette helped the MGFA organize a walk in her hometown of Tallahassee.

“It’s an amazing feeling to see how the walk has grown in the last five years. I’ve met so many people who have inspired me to talk about MG and get the word out there!”

To learn more about how you can help create a world without MG, visit <http://www.myasthenia.org/HowcanIhelp.aspx>.