

# Fernando Ferrer



Fernando Ferrer, now 64 years old, has lived with myasthenia gravis (MG) for 14 years. As someone who has always enjoyed sports, the former Borough President of The Bronx and former candidate for Mayor of New York City must avoid activities that cause him excessive fatigue and stress in order to continue enjoying what he loves most.

“Since I’ve been diagnosed, I’ve been fortunate enough to regain the ability to do activities that I previously enjoyed,” said Fernando.

“However, it is still incredibly important for me to de-stress and do my best to maintain a positive outlook to help cope with my symptoms.”

While Fernando struggles with small speech and vision issues, they do not materially affect his quality of life.

“It’s important to understand that MG affects people differently—it is not a ‘one size fits all’ kind of disorder,” he said. “Knowing others with MG, I’d say I’m lucky; others have been affected more profoundly.”

The most common age for MG onset in women is between ages 20-40; men are typically diagnosed after age 50 and are more often affected than females. To learn more about how you can help create a world without MG, visit <http://www.myasthenia.org/HowcanIhelp.aspx>.