

MARY LOGAN

DIAGNOSED IN 2010 // MY MS STORY

I was diagnosed with primary progressive multiple sclerosis ten years ago. I was in my early 40s and a working mother of two young kids. I had a wonderful career and active lifestyle, two dogs I enjoyed walking and a love for travel and adventure. Life was busy. I did not have time for doctors and lifestyle changes.

My symptoms presented slowly over time, as is typical with primary progressive MS. I started to develop weakness in my left leg and foot. I was very tired all the time. I pushed through thinking I needed to work out more and get in better shape. After ignoring my symptoms for a year or more and after a few bad falls, I finally made my way to a neurologist with the encouragement of my doctor. I was not prepared for what followed. I was diagnosed within a week after MRIs and a spinal tap. I thought the diagnosis was the end of my life as I knew it. Actually, it was the beginning of a new chapter in my life—one filled with more love and happiness than fear and sadness.



Telling family, friends and co-workers about my disease was not easy and is still not easy. I do not want MS to define me, and I will not stop fighting. I now walk with a walking stick. Climbing stairs and walking on grass or uneven pavement is very difficult and frustrating. I fight MS every day and have learned to hold my head high. I may be slow, but I keep moving forward.

My husband started riding in the Bike MS®: Texas MS 150 in 2013. The ride was a game changer for me and my family. Prior to the first ride, we had limited exposure to the National MS Society and others living with MS. Now, the Bike MS: Texas MS 150 has become a family event. My husband is a top fundraiser, and both of our children have ridden and participate in fundraising. I am an MS Ambassador, active volunteer and fundraiser for the ride. We have made so many wonderful friends through our involvement; I cherish them all. The Bike MS: Texas MS 150 touched, and continues to touch, my life in such meaningful ways, providing me hope and encouragement that sustain me through difficult days and throughout the year.

I am so thankful for all those who ride to help end MS FOREVER! The week of the ride is one of my favorite weeks of the year. **THANK YOU for all you do and for riding to help change the lives of those living with MS. Thank you to my family and friends for their love, encouragement, and support.**

#BIKEMS
#TEXASMS150

Don't just ride, Bike MS