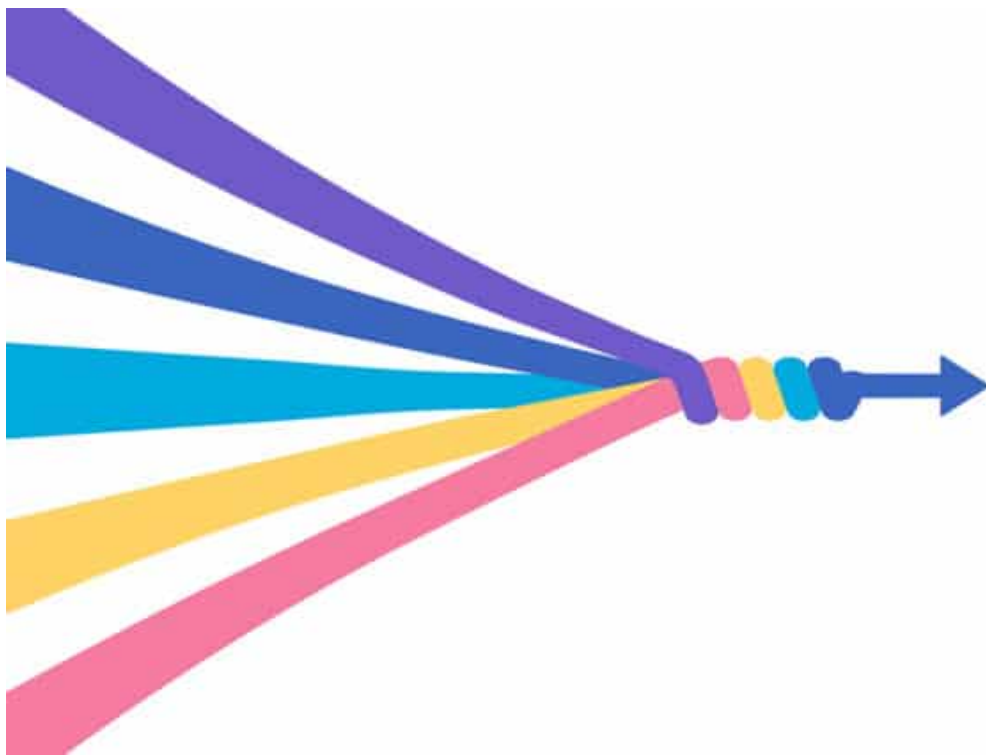


In This, Together



Have you ever heard this phrase, “we are in this together”? What does this mean? Who are they talking about? Do the “we” know, I am living with multiple sclerosis and some days it is tough to get out of the bed? My body aches, vision is blurry, nerves are not acting right, and the muscle spasticity is working my last nerves.

So, I had to Google this phrase and find out the meaning and root cause of the terminology. **It implies some sort of relationship.** For example, a married couple may say “**we are in this together** for life,” **meaning** that their lives are connected and what one does affects the other to some degree. Along this same line, business partners are in “it” **together**; whatever one **does** with the business affects the other.

Hmm... according to Google or Wikipedia, it means our lives are connected – us, people living with MS. We have to show each other and ourselves love unconditionally (over and over again), even when our body doesn’t treat us fairly.

Over the last year, I have shared more of my MS journey. It has been a roller-coaster ride, but as a southern Baptist preacher would say – **I am preaching to the choir.** Because you have been on the same roller-coaster ride. The highs and lows of living and dealing with MS. Yes – we are in this together.

Now, what is the best way to manage multiple sclerosis and its symptoms/relapses? Yes, we can take the disease-modifying therapies to combat MS; however, you, YES, I mean YOU are the best advocate/resource for this position. A better statement is – **together, we are stronger!**

As I reflect on my journey of sharing my MS story, I hope and pray each blog that was written that you were able to reflect upon your MS, becoming a MS advocate and wanting/striving to become a **better you**.

Here are the blogs:

- [**MS and COVID-19**](#)
- [**My Quest for my MS**](#)
- [**Marching on With MS**](#)
- [**My Children, Let's Talk MS**](#)
- [**Man Up vs. Open Up**](#)

If you have not read the blogs, please check them out. As I was writing each blog, I realized telling my MS story was much bigger than I ever anticipated. Several people have reached out to me, stating my story has been instrumental and provides hope. **Who knew?** I'm doing something (writing) that is out of my comfort zone. However, I am touching lives through written words. **Again, who knew?**

As I continue on my journey to share my story, again I ask the question – how are we in this together? How can I make a difference dealing with multiple sclerosis? Well, in the words of National Multiple Sclerosis Society – **“Together, We Are Stronger.”**

James Baldwin (an author/activist/poet/playwright) stated – “If you don't live the only life you have, you won't live some other life, you won't live any life at all.”

So, let's continue to live our life with MS, work, walk, bike, advocate, donate and make a difference for those individuals who just received the news.

Yes, Together We Are Stronger!