What I Wish...



MS symptoms vary from person to person. Even more, symptoms are often invisible. Because of this, it can be difficult to describe your symptoms or get someone to relate to your experience.

For MS Awareness Week (March 11-17), we asked you, "what do you wish people knew about MS?" Here's what you said.

1) MS can feel like a burden.



2) It's often on the back of your mind.



3) The over-looked cognitive challenges with MS.

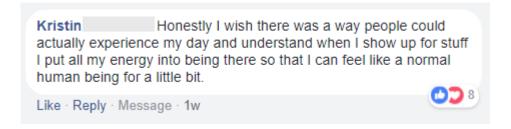
Laura West That the emotional and cognitive changes and symptoms are harder for me to accept than the physical, and my frustration in having to repeat myself or in asking you to repeat something again and again are with myself and my disease, not you. I'm learning everyday how to adapt to the cognitive and emotional changes in the same way I've learned to adapt to the physical challenges, on the days it's apparent I'm struggling, please just give me a little extra grace and patience. I'm trying to adapt to losing who I feel I am.

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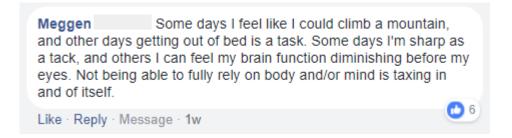
4) The fear of disease progression.



5) The effort it can take to just get through the day.



6) The disease is unpredictable.



7) Because MS affects your nervous system, symptoms can be wide and varied.

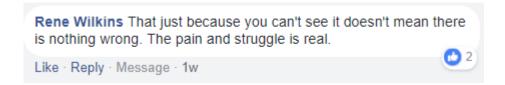
Jarred Peters That though we may look like we're doing fine to others we are often carrying a heavy burden of suffering from a multitude of symptoms all of which are difficult to truly understand unless you live a day in our bodies #ThisIsMs

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8) Taking care of yourself mentally is a big part of living with this disease.



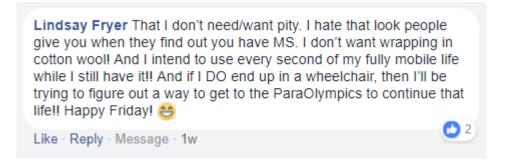
9) Just because you can't see the symptoms doesn't mean they're not there.



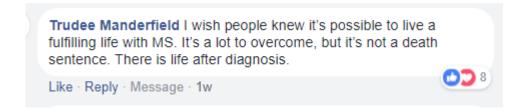
10) MS can affect the people around you.



11) People living with MS are resilient.



12) Life does not end because of MS.



We want to know: thoughts above?	what do you wish	people knew abo	out MS? Do you ag	ree with any of the