

Letters to the editor: Staying motivated, hope and aHSCT



Rewards as motivation

I was relieved to read that my lack of motivation in life was tied to my MS ([“Not feeling motivated”](#) Summer 2022). My way to help combat it is to create a reward system for myself that gives me something to look forward to. I have dessert days two days a week. I have lost 65 pounds and kept it off for two years, so I am still reticent to eat too many sweets and my dessert days are a treat. I also tell myself, “If you wash the dishes right after you eat, you can have a piece of dark chocolate (only 55 calories).” My point is that if I have something to look forward to, no matter how small, it makes me happy.

Pam Rogers, Florida

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Hopeful stories

Thank you to Jane Markey for sharing her [“My MS journal”](#) (Summer 2022). Her hopeful and honest approach to her life with MS gives a down-to-earth account of the journey that those of us who have lived with MS for decades can relate to. I was diagnosed in 1982. Additionally, Julie Eberhardt’s aHSCT story is fascinating and hopeful. Potential life-changing treatments for people who are facing the challenges of MS lifts my heart and soul.

Patricia Werner

Never give up

I am encouraged to see your article on aHSCT ([“aHSCT: A promising treatment,”](#) Summer 2022). I was diagnosed with relapsing-remitting MS in 2002, and after 11 years had failed on three disease-modifying therapies (DMTs). I did my research to find alternatives, reading over 260 research abstracts of current, proposed or completed clinical trials. I chose to pursue the trial run by Richard Burt, MD, at Northwestern Memorial Hospital. I was initially accepted; however, my insurance denied my claim. I fought for two years with appeals until it was finally approved. My motto has been: “Never give up, never surrender.” I received aHSCT in 2015 and am pleased to report I am still in “remission” and feel great after nearly seven years. I consider this treatment a life changer. Thank you for letting your readers know about this treatment and I pray it becomes much more readily available.

Noreen Purcell, New Mexico

Promising update

Thank you for the great stem cell update, recommendation and sharing Julie Eberhardt’s experience with aHSCT ([“aHSCT: A promising treatment”](#)). About five years ago, I learned about the aHSCT procedures being performed in Latin America and wondered why this treatment hadn’t been studied in the United States. The studies performed by scientists are groundbreaking, and I applaud participants for their bravery. Also, thank you National MS Society for investing \$60 million in 68 additional stem cell studies. There is still much to learn but we’re making great progress. I’m looking forward to results from the BEAT-MS study.

James Stewart, California