

Lydia & Wilson Hernandez

Type of Arthritis (Lydia): Still's Disease

Date of Diagnosis: 1983



Lydia was diagnosed with Still's Disease almost 40 years ago. She describes herself as "currently healthy," but she has had more arthritis flares this year than she would like. Her arthritis is most impacted when she is experiencing stress.

Some of Lydia's interests include going on date nights, having fun adventures with her daughters, running on the treadmill, and adult coloring books. She also loves hanging out in her backyard!

Lydia says, "Growing up my family did not have the access to resources and organizations like the Arthritis Foundation. I am able to turn to what I like to call my 'second family.'" Not just for support for me, but for her daughter living with this debilitating disease.

Wilson is not only Lydia's husband, but he is her caretaker. It has been an eye opening and emotional experience for him to learn about arthritis and see how it impacts his wife and daughter. He is proud of how they live life to the fullest and refuse to let arthritis take control.

In his free time, Wilson likes watching the Cubs, playing basketball, and spending time with his family.

He says, "For around a decade now the Arthritis Foundation has helped us feel connected to a larger community while providing us with valuable resources and information." He hopes that sharing their story will help spread awareness and raise funds. More than anything else, however, he wishes for a cure, and a long, healthy, and productive life for his wife and daughter.

Register or donate today: <https://events.arthritis.org/team/27868>