



THANK YOU TO OUR  
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# HELEN PALMER

DIAGNOSED IN 2004 // MY MS STORY

**RIDE FOR ME...AND MILLIONS LIKE ME!** Eighteen years ago, I heard four words that I never expected to hear and my life changed forever: "You have multiple sclerosis". I am literally "One in a Million".

I immediately started going through the five stages of grief (denial, anger, depression, bargaining and acceptance) because I was losing the "me" that I knew. I find that I am still in the acceptance phase as I am learning every day that I can still do many things but sometimes I may need to make modifications or ask for help. I am a very proud person and learning to ask for help was and is still the hardest thing for me. Those of you who know me have grown accustomed to me and my many modifications at one time or another: Frieda (my old walker), Wheels (new walker), Fred (my cane) and my trusted partner Scooter. Watch your toes!

Although MS is not a terminal disease, there is no cure and symptoms vary for everyone. My diagnosis has changed over the past years from relapsing-remitting (RRMS) to secondary progressive MS (SPMS). Secondary progressive means that I have a baseline of symptoms now that won't go away. These symptoms include non-stop tingling in my feet and I have a cold/numb pinkie finger that comes in handy as a chew toy for fur babies when I volunteer with an area animal rescue group.

Modifications to my vehicle (hand controls and a lift for Scooter) enable me to get to work and out of the house and I am still able to sustain my retail therapy. For my work, I have been with Sysco now for 26 years. Sysco has been very supportive in providing any necessary modifications for me and they have even participated as an organization in Bike MS® events as Team Sysco.

Fundraising events like Walk MS®, Muck Fest MS and BIKE MS have raised millions of dollars to help fund research advances to help folks like me. These research advances have found many disease-modifying technologies (DMT) to help with SPMS. Currently, I am taking a daily DMT called Siponimod (Mayzent). I have MS, but it DOESN'T have ME.

My ultimate goal is to see a cure for MS in my lifetime. More realistically I am just trying to keep my symptoms from getting worse and live the best possible life I can.



**Please join an MS fundraising event, volunteer your time or even ride in Bike MS. With faith, family and friends, WE WILL MAKE A DIFFERENCE!**

#BIKEMS  
#TEXASMS150

*Don't just ride, Bike MS*