



THANK YOU TO OUR
PLATINUM SPONSOR



JENNIFER PROCHAZKA

DIAGNOSED IN 2016 // MY MS STORY

In the spring of 2016, I was a busy mom of 4 young kids, balancing a career, after-school practices, weekend tournaments, PTA – you name it, we were busy! I woke up one morning and noticed that my fingertips were numb, and then a few days later it was my hand, and then my arm, and my face. After a few weeks of numbness, tingling, and increasing weakness I made an appointment with my doctor – honestly, I chalked it up to low blood pressure or exhaustion or stress or vitamin deficiency...something (anything) we could fix. When he said, “I think you may have MS,” I remember the rush of adrenaline and anxiety, and I needed to know what it was NOW. But I’ve learned that diagnosis is a long path for some of us.

After more than six years of tests and appointments, and continually worsening symptoms and increased disability, I was recently diagnosed with primary progressive multiple sclerosis. While my neurologist and I have talked about it as “probable MS” for years, the diagnosis of progressive MS scared (scares!) me. Only about 10 percent of those living with MS have a progressive form of the disease. Because my diagnosis was slow, it was almost a relief to finally put a name to what was happening to me. When the diagnosis finally came, I wasn’t in shock and I wasn’t upset, but honestly, I probably haven’t even begun to process my emotions related to it. I still have so many questions about what the future holds. How quickly will my MS progress? What will my disability be like? Will I be in a wheelchair? Right now, all I know is that life is still life. I am incredibly lucky to have a career that I love, friends that keep me active, a family that supports me and picks up the slack when I need to rest, and a neurologist that I trust completely — he is easily one of the kindest and most patient people I know.

Currently, MS has no cure – but that doesn’t mean there is nothing I can do to fight back! I try to take care of myself and learn as much about my disease as possible. Physical fitness has always been very important to me, and a daily exercise routine helps me stay both physically and mentally strong. Hiking, kayaking, running, weightlifting, and CrossFit have been a big part of my life. I aim to move every day, but I also try to prioritize rest these days. For the last couple of years, I have volunteered on the local Bike MS®: Texas MS 150 board. The Bike MS: Texas MS 150 is a great, fun way to bring awareness and understanding of MS and those living with it, and to fund the needed research to change lives.

For more than 35 years, Bike MS has funded research that has helped develop every drug available for those living with MS. But even after so much progress, there is just one FDA approved drug for those living with progressive MS, like myself. I want to help change that.



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*Don't just **ride**, Bike MS*