

WHAT NO ONE TOLD YOU ABOUT MS AND THE PATIENTS WHO ARE BEATING THE ODDS



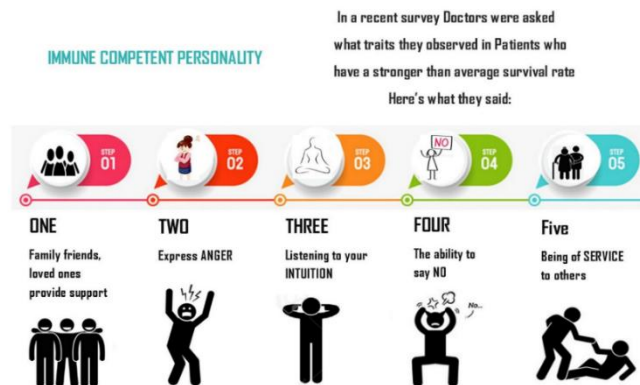
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How to behave in today's Modern Health Care System? It's not by being polite, considerate and non-confrontational in fact it's the opposite. You have to be willing to shake up the status quo if you plan on getting well.

What MS Patients need to know

1. Recent studies show that 70- 75 % of all multiple sclerosis diagnosis are women
2. As of today there is NO known cause
3. 1 in 5 patients are misdiagnosed
4. Often times the MS treatment causes more damage than the disease itself
5. Dangerous Treatments are not a cure but designed only to" Manage Symptoms"
6. Gender Bias 1 in 5 women felt their health care provider has ignored their concerns

What are the differences between PATIENTS who have a greater survival rate than those who don't



Top 5 Character traits of patients who recover

1. patients with a strong Support Group
2. patients with the ability to express Anger
3. patients who listen to their Intuition and are willing to act on it
4. patients who can and will say NO and risk upsetting others
5. patients who practice being of Service to others

Dealing with your Doctor Here's Why It's Crucial you have the right attitude.

A study done at Yale showed that there was a direct correlation between **an active immune system** and a patient deemed to be **difficult** by the head of the ward. The patient discussed was unruly, asked a lot of questions and challenged what the staff was doing, they also had an incredibly strong Immune system resulting in a faster than normal recovery. Other studies have verified these findings. Unfortunately, most doctors consider submissive patients' good patients because they are easy to treat. Conversely, Patients who take an active vocal role and participate may be labeled "difficult" but have a significantly higher survival rate.

If you were not "a Born Troublemaker" like me who is comfortable with confrontation it helps if you find a partner in crime or what some people call an Advocate in your medical journey. If I have learned anything about today's health care is that advocates are really important as another set of eyes and ears. (how can anyone concentrate when they're being poked, prodded and frightened?). My other non-negotiable is to question everything I'm being told. Let's face it trusting conventional medicine after Covid is a stretch, add that to being mis-diagnosed twice and you're on your way to being a full-fledged skeptic like me. So, when my daughter was diagnosed with Multiple Sclerosis and told that she would "more than likely" end up in a wheelchair with 2-3 years. (she was in her early 20's) We both had a lot of questions and very few answers. What I can tell you is after 18 years she has never needed a wheelchair. Don't forget doctors can be straight up wrong.....Asking questions is a necessity to getting healthy.

Here's what I learned from my health care experience:

- If something doesn't feel right, don't do it. Don't ignore inner warnings.
- A person in a position of authority can be wrong.
- If being angry or confrontational to defend my medical choices upsets people, so be it.
- If a professional labels me as difficult or belligerent because I voice a differing opinion, fire them. (and I have)
- Society still judges women who express anger as unattractive even unhealthy while men who voice that same anger are considered strong and assertive.

“The most important aspect of my personality as far as determining my success goes has been questioning conventional wisdom, doubting experts and questioning authority”

Larry Ellison

Most of us are not conscious of where and how our opinions are formed, those roots are deep. My parents for example believed what their doctors told them and for the most part followed their recommendations. They were from a generation where authority figures were not questioned, doctors, priests, basically any one in a uniform. Malcom Gladwell describes in his book “Outliers” how our early environment shapes our response the various types of authority. This is important to know because if you were raised not to question authority you probably wont go get that second opinion much less fire a doctor who is dismissive. One of the easiest ways to take a more active role in your health care is to start asking your doctor informed thoughtful questions.

5 Questions to take to into your doctor’s appointment

- Tell me as much as you can about Multiple Sclerosis
- What tests will need to be done? Why?
- How often typically will I need to be tested?
- How safe and accurate are my tests? (ask them to be honest about this)
- When will I get my test results and can I get copies?
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These are just a few things to consider when choosing and working with a doctor. Its not easy being radically proactive when your ill but your level of involvement will help shape the process of your recovery.