



Testimonial

Catalina Cádiz

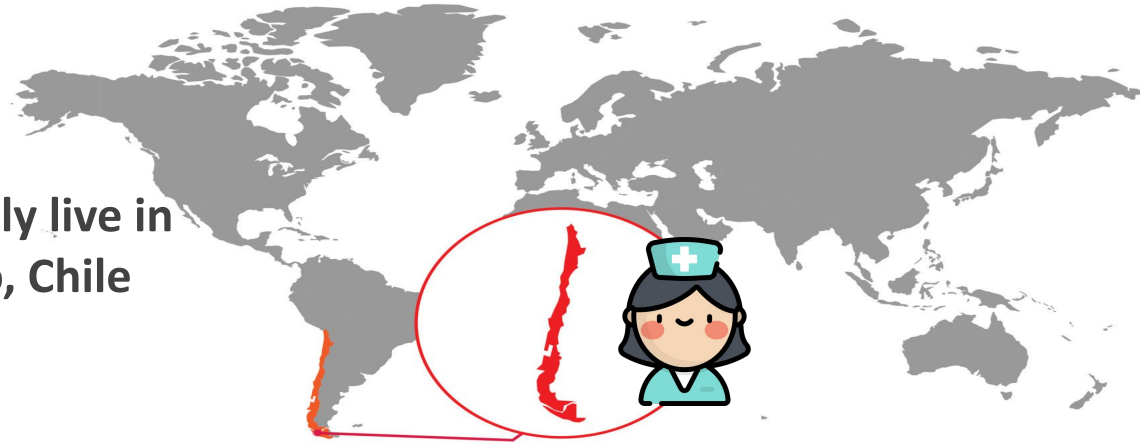
Nurse and person living with MS



Disclosure of conflict of interest

I declare that I have no conflicts of interest, financial or otherwise, related to this presentation. No funding or external support has influenced the content or conclusions presented.

I currently live in
Santiago, Chile



Atacama desert



Rapa Nui (Easter
Island)



Torres del Paine



About me

I currently live in **Santiago, Chile**

Profession: **Nurse**

Diagnosed with Multiple Sclerosis **in 2014 at the age of 25**, following a night shift at nursing school.

I possess a structured mind and i'm self-demanding.

The diagnosis was frightening, especially considering my profession in healthcare.

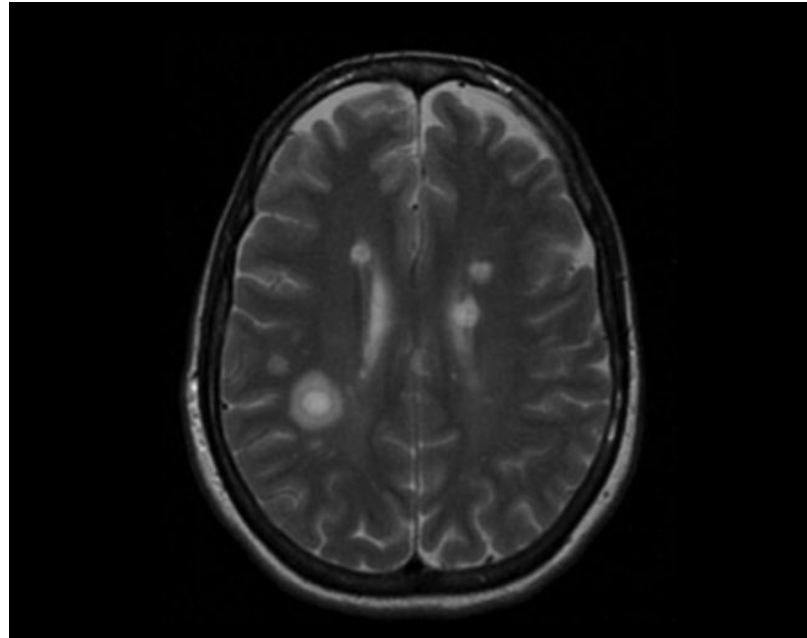
At present, I work at Redsalud with people living with chronic cardiovascular diseases

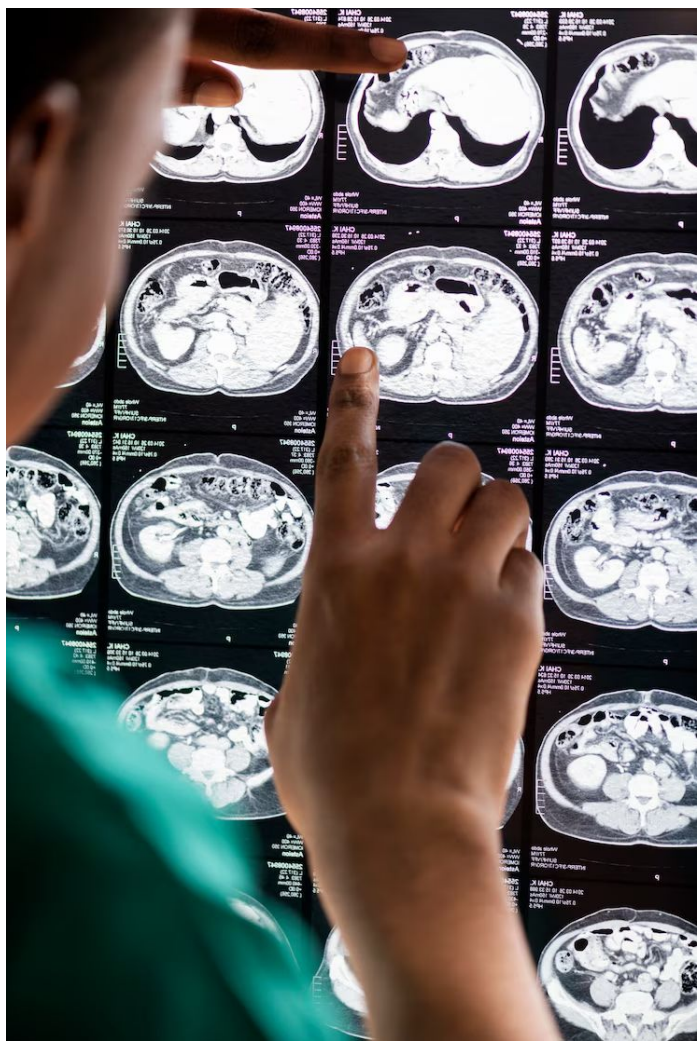


Symptoms

Initial symptoms included **blurred vision, pain, and flashes of light.**

- An insightful ophthalmologist recommended an MRI.
- Diagnosis: multiple demyelinating lesions in the brain.
- And then... everything changed!





Life changing

- Managing the stress, coping with fatigue
- Medical check ups, semi annual MRI's and injections depending the prescribed disease modifying therapies.
- Regular exercise and healthy diet



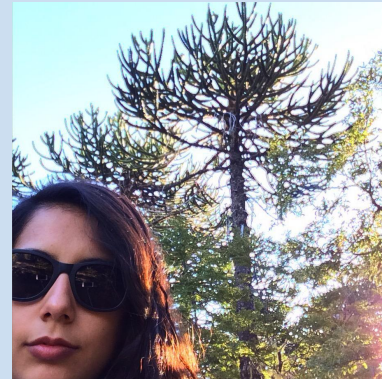
Treatments

- Avonex
 - Nursing team education
 - Follow up care
 - Brain lesions and labs altered
- Copaxone
 - Pain and weakness
 - Memory loss
- Ocrelizumab



Lifestyle

- ★ Manage the stress and focus on what truly matters in life.
- ★ Keeping active is essential.
- ★ Mental activities
- ★ Listen to your body's signals.





Brain Health

- ★ Maintain a positive attitude
- ★ Regular exercise (physical and cognitive)
- ★ Sleeping
- ★ Healthy diet
- ★ Stress management techniques (meditation, reiki, etc)
- ★ Social connections
- ★ Stress management

Advices

No question or symptom is trivial.

Encourage your patients to have **confidence in their medical and nursing teams.**

Be available for your patients.

Encourage them to ask about therapies and express their fears.

Learn alongside them, stay actively engaged seeking new knowledge

“like normal” life ❤️

