

An update from our MSTV YouTubers (Christmas video)

What's been happening in your lives this year?

Eden: Hi, my name's Eden and I'm 17 years old and I was diagnosed with MS five years ago. My highlights for this year are that I've started my A levels and I'm doing the subjects that I really, really enjoy. Also I've started the gym which is helping me strengthen my body and relieve any stress that I might have. This year I've learned not to allow MS to define me as a person, but to still go for the same dreams and ambitions I had before I was diagnosed with MS.

Ella: Hi, my name's Ella. I'm going to give you a little update on what's been going on in my family. So as you know people with MS have to change their medications from time to time. This is not a big deal as it happens quite often. My dad's had to use injections, then tablets and then different tablets, but now the nurse has advised him to do something called Lemtrada. This basically means that he has to go in hospital for five days straight to get injected with the medicine, Lemtrada, and what this does is it will attack his white blood cells that are damaging his nerve system, then replaces them with better ones. It can be scary when they go and get new medication because there are lots of risks but they're in a safe place, people will look after them and they can always get help when they need it.

What's your New Year's resolution?

Eden: My New Year's resolution will be to eat more healthily as I know that it will strengthen my body. Also I'd try not to get stressed as my A levels are coming up and I know that stress can be a trigger for relapses.

Ella: This year my resolution will be to help out more around the house. It's really hard for my dad having a full-time job to look after the house, do the animals and stuff, so I think I'm going to give him a little more of a helping hand this year.

What's your Christmas message to young people affected by MS?

Ella: My Christmas message to people having a loved one with MS is, it doesn't matter. They still get to enjoy having a Christmas tree or having presents or having fun with you. It just means that you need to be a bit more aware of what they can't do. You can still have fun of course!

Eden: I'd like to simply wish you all a Merry Christmas and a Happy New Year!