

## My life with MS and the JBIT MedPro

**JENNIFER FROM CINCINNATI, OHIO // JUNE 2014**

I must say, my tolerance for pain over the years has increased. I deal with it every day. My chronic pain started late 2007. I threw my back out while sitting on the toilet. That was fun. It took about 15 minutes before I could move enough to get up. Earlier that same year I got in a quad accident and ended up with whip lash. Those two incidents has set me on a path of a very painful life.

When I was in second grade, I was diagnosed with severe scoliosis. My curve was 60 degrees the first time. The second time, after my first surgery rods broke, my curve went to 88 degrees. For perspective, make the letter 'C' with your hand. That is exactly what my X-ray looked like. I was 12.

By the time I started high school, all the equipment I had donned as a youngster was gone, no more braces, no more back brace, and stubbornness kept me from wearing my glasses. For the most part I was a regular teenager, stubborn, a know it all and self-centered. Some things do change. I could do anything anyone else could. Not much held me back. There was a few things I couldn't do, but those things were more for the athlete, I was the musician and singer, so they didn't affect me. Everything was good up until the summer of 2007.

In January 2008, in the midst of trying to get pregnant due to infertility, I was diagnosed with Multiple Sclerosis. Although this was a devastating diagnosis, I was semi prepared for it. The summer prior (2007), I had a relapse (I didn't know it was called a relapse at the time). My family doctor ordered me an MRI. The impression read either vascular necrosis, Lyme disease or demyelinating disease. Well, vascular necrosis is basically clogged veins, this is more conducive to someone who has a history of smoking or heart disease or possibly pre-cursor to a stroke. I was a little too healthy for that one. Lyme disease means I was bit by a tick, I knew that was not the case. So the only thing that was left was demyelinating disease. This is what they call MS or Multiple Sclerosis.

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Well, I am a researcher. I started looking at everything I could find. The more I found the more convinced that this very well may be the case. I had text book symptoms. But I had an inconclusive MRI. It took me a couple neurology visits and pushing my neurologist to do an MRI of my neck. He finally did an MRI of my neck, he was shocked. MS doesn't generally show up in the spine before it shows up in the brain. What can I say, I knew I was special! Now my neurologist knows. So, January 2008 was my official diagnosis of MS.

I will say I am very thankful that it has been stable since about 2011. My symptoms are mainly fatigue and I do have trouble getting around. But after a bunch of testing this past year, I am learning that the majority of my walking and pain are stemming from my lower back degeneration. The past couple of years I have been on and off pain meds and I have done physical therapy, myofascial therapy, aquatic therapy. Insurance just won't pay for maintenance, so I needed something that would help that wouldn't cost me a huge amount of money. This is where the JBIT MedPro comes in.

A couple of the things the JBIT MedPro is known to do is increase mobility, improve posture and balance, and increase core strength. It has been doing just that. Most amazingly, I had only been wearing it for one week before I had two people in my life notice the changes. It has now been two weeks since I purchased this device, and I am so excited to announce my progress and the changes that have been occurring for me.

I wear it every time I go out. I wear it around the house especially when I am doing my house work. After a couple hours it does get hot and a little uncomfortable, so I usually take it off for a little bit and then put it on when I am ready for my next errand or task. And for all the women who wonder if they can wear their favorite peep toe sandals and cute summer skirts, you can!

Before I started wearing the JBIT MedPro I was seriously considering getting a walker because I was very unsteady walking and my pain levels would increase if I wasn't holding onto something while I walked. I have really bad left leg weakness, so I tend to limp pretty bad some days more than others. It is hard to go upstairs. To stand for long periods of time or walk in the park for more than a quarter mile was torture. I was always worried about falling. And since I have drop foot, I tend to trip a lot. But now, this has all changed in just a few short weeks.

I can go down one to two stairs without holding on to anything or worrying about falling at the bottom from losing my balance. I took my daughter to Krohn's Conservatory the other week and was able to stand and walk for the couple hours we were there with limited sitting. I can hold myself up in bed without hanging onto anyone or supporting myself. And when I am not wearing it, my daughter and my father-in-law noticed I was walking better after only a week.

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My daughter knows I wear it and helps me put it on. My father in law does not. But he is aware of my difficulty walking. Both of them made the same comment Sunday, Father’s day without me saying anything: “Mommy, you’re walking better!” and “Jennifer, I’m noticing you’re walking better”. I thought I was doing better when I wasn’t wearing it, but you never know when it’s you. . .but these two certainly sealed it for me. It was working. And I have only been using it for stability and balance. My next step will be to use it on my elliptical with the tighter bands on it.

Anyone who has been dealing with chronic pain or who feels unsteady or their balance is out of whack, please, give this a try. It has helped me so much, I am starting to feel more positive about my walking and standing. My hope now is to take my daughter to the zoo or Kings Island later this summer after I have been wearing longer and doing the elliptical and when it is cooler outside. I am looking forward to riding bikes with my daughter. Not sure I am ready for roller skating yet. . .but there is finally hope for that as well. Just try, you won’t be disappointed! ■