

Alma P

My story:

I have been living with ME/CFS and fibromyalgia for 8 years.

I had been a dental hygiene educator and practitioner for 25 years as my career, which came to a rather abrupt halt in 2015. That year was the height of my symptoms which included prolonged and disabling fatigue, profound muscle pain and post-exertional malaise, cognitive impairment (shortened memory and brain fog) and disabling vertigo all suspect from a virus. This disability comes with many losses, a substantial decline in quality of life at all levels, and a re-building of one's identity.

Living with an incurable chronic illness such as ME/CFS has forced me to re-focus my energy in order to survive. As an educator at heart, I have had to research this disease much on my own along with the help of a number of well-versed support groups. The ME/FM Society of BC is one such group that offers those patients and clinicians the resources to understand and help treat the symptoms of this disease.

I remain optimistic that we will find a cure for this disease, as we press for more government research and funding through the MY MLA and ME Campaign. With many post-Covid patients converting to long-Covid, and whose symptoms parallel those of ME/CFS, we are starting to see a rise in the numbers of potential ME/CFS cases, making research and funding a more critical need that has been historically unmet.

Individually we cannot do this alone, and the more of us that can help, the sooner we can find a cure for ME/CFS.