

Sue **Early signs and diagnosis**

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In 2014, I think there were the first signs, I was getting twitching in my hands. And here. And I thought that was nerves. I was looking after my mum and dad, and I thought it was stress over at that time.

And then over the next years, my voice was going. My swallowing was getting a bit iffy. I always loved walking. And occasionally, I was falling. So that was odd. My voice was getting weaker. But again, I thought that was COVID, I was going to the doctor. And they kept saying it was stress. And they gave me antibiotics and antidepressants. I knew I wasn't depressed.

I went to see a girl I taught, she's a neurophysio. She watched me walk towards her and then go back walking again. And within ten minutes, she had me booked in with neurologists. And then from there, I got my diagnosis. But it took a long time. I think my advice would be, you know your own body and also listen to it. And if you're not happy, don't give up.

Before I got diagnosed, I went to the doctors with a list of my symptoms. And it was a battle, really. And it would have been helpful if someone had taken onboard what I was saying. But now I know lots of doctors never come across MND. It's not all on their radar.

So, you know, the neurologist told me that it's possibly, probably, definitely. But Natalie, who I saw put me in touch. So I preferred hearing from her because I knew her. And I just was accepting of it, really, and being possible.

I looked it up and I researched. My friend that was with me said, "you can cry." But I didn't. I was, "oh well". I can't change it. So live with it. That was my attitude. I couldn't tell anyone because I didn't want my mum and dad to know.

I think, I think probably when you actually got a label, then I knew I had MND. Know your enemy is probably better than you not know where it's coming from.