MS Ordinary

May 26, 2015 By Nicole Lemelle

“Happiness is not the absence of problems, it’s the ability to deal with them.” ~ Steve Maraboli

I’m feeling a little nostalgic today. It’s been 15 years since I was diagnosed with multiple sclerosis. That’s 5,475 days. I remember day one like it was yesterday. I was so upset when the doctor gave me the prognosis. But I was also relieved because I finally knew why I was always so tired. I also learned about my treatment options and was given a very scary introduction to injections. Boy, how I hated those needles. I remember asking the neurologist, “So I have to take a shot everyday for the rest of my life?”

I couldn’t believe I had MS. I trusted my situation wouldn’t get any worse. But unfortunately, in recent years, I have experienced some real terrifying incidents. They include one major month long hospital inpatient rehab, five EMS ambulance rides, three face first falls, one weeklong hospital stay, and countless emergency room visits.

But overall, other than an occasional minor exacerbation, most days were uneventful. Just plain old MS ordinary days and I’m so thankful for that.

Thinking back, I never thought I would be in this position. Who does?

And the hardest part is trying not to highlight the bad memories. But the unpleasant times are so embedded in my psyche; I can’t help but focus on them.

I must remember I have had far more good moments than bad. Like the way my family and old friends stepped up to help me when I needed them the most. Having a husband who has supported me from the day I was diagnosed. And how I have made some fantastic new friends by way of the Internet.

So while it can be intriguing to think back to the past, I can’t get stuck reminiscing. My main focus has to be how to handle the next 5,475 days. And hopefully each one of those days will be equally MS ordinary.

© 2026 Smart + Strong All Rights Reserved.