

My Krew

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Meet My Krew and learn how these Canadians are living with multiple sclerosis by their own rules

Multiple sclerosis (MS) doesn't look the same for everyone. Each goal, path and journey is unique – My Krew gets this! Led by seven extraordinary Canadians, My Krew is an inclusive community for people living with MS across disease stages, lifestyles and interests, and a place to connect and share questions, insights and experiences to empower proactive dialogue between people living with the disease, their peers and their MS care team.

Watch **My Krew Catch-Ups**, a short web-based series, where My Krew and their special guests discuss topics of interest in MS through real, raw and lively conversations.



- **Episode 1: Taking the first steps after an MS diagnosis:** While learning you have MS can be an emotional, overwhelming, and confusing time, know that you're not alone. Watch My Krew discuss their initial reaction to their diagnosis, how they managed and how they tapped into the MS community and built their support system.
- **Episode 2: Navigating the complexity of MS treatment:** There are many options and choices when treating MS. Watch My Krew discuss their feelings when confronted with multiple treatment options, and how they made their treatment decisions, at diagnosis and all along their journey with MS.
- **Episode 3: Choosing you when deciding on an MS treatment and care plan:** It's important to define and share your rules with your neurologist and care team when making decisions about treatment. Watch My

Krew discuss their key considerations when selecting their treatment and care plan.

- **Episode 4: Understanding MS progression can be silent:** It's important to work with your care team in monitoring, tracking, and reporting signs of disease progression. Watch My Krew discuss their understanding of the term 'silent progression' and what it looks like, and how they track and monitor symptoms and relapses and report to their care team.

The entire My Krew Catch-Ups series is available exclusively on [MyRules.ca](https://myrules.ca), where you can learn more about decision-making, goal setting and living with MS by your own rules. To watch all episodes, visit <https://myrules.ca/en/my-krew#My-Krew-Catch-Ups>.

Join the My Krew community to share your story and lived experience on [Facebook](#) and [Instagram](#), and help create a full picture of what MS can look and feel like.

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