



The ALS Society of BC



A SPECIAL INFORMATION SUPPLEMENT

ALS patient: Horse provides feeling of gratitude

By Liz Sahlstrom

I am 64 years old. No one in my family has had a Motor Neuron Disease. One year ago, July 2018, my husband told me I was not moving my bottom jaw normally, and some words sounded funny. I had not noticed anything. A few days later I noticed the left side of my jaw popping. I clench my teeth at night and during the day sometimes. I went to my dentist to check things out. Two dentists, my GP, acupuncture, shiatsu massage and two chiropractors treated me for TMJ (jaw problems). Both sides were now popping and painful. The oral surgeon I then saw took a CT scan of my jaw. No problems there. He did strength tests and wanted me to see a neurologist before he did any treatments. I was diagnosed in May 2019 with Bulbar Palsy/ALS. I can barely be understood, BUT I can still ride my horse.



This has changed my life so much. I was a volunteer for Arrowsmith Search and Rescue. I was a Command Radio Operator communicating with all the teams on the search. I was a presenter for Adventure Smart. I taught adults and kids how not to get lost and what to do if they did. I have presented to over 2,200 people. Because ALS took my voice, I had to "retire."

I got my first horse when I was 13 years old. A big part of my life! I was a certified horse show official/judge and a coach. My last show was December 2018 because of loss of speech. BUT I

can still ride my horse.

I found out about the Walk to End ALS one week before the event. I decided to go to it. My friends and family came forward to support me. I received over \$2,400 in pledges! My husband surprised me and got almost half the donations from his friends and work mates.

At the Walk, as I do not like to walk too much due to pain, surprise, I brought my horse. She does the walking for me. Being on my mare Breeze makes me feel wonderful. I may not be able to speak, BUT I can still ride my horse.

Walk To End ALS

presented in BC and the Yukon by



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Sunday, September 15, 2019

University of Victoria, Parking Lot 10
3800 Finnerty Rd

Registration: 11:30 am | Walk Start: 1:00 pm

For more information:
Sean Houlihan | victoriawalk@alsbc.ca

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Raffle tickets are \$20 each. The draws will take place at Tsawwassen Mills on **October 30, 2019 at 3:00PM.** Visit www.alsbc.ca to purchase tickets online. For more information, please email support@alsbc.ca or call 1-800-708-3228.

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To learn more about ALS or to make a donation online visit www.alsbc.ca

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ALS Society of BC: 1233-13351 Commerce Parkway, Richmond B.C. V6V 2X7



www.walkforals.ca