

Friday, 29 October 2010

Hi Friends,

Well unfortunately I have some terrible health news to convey to you all.

I have been debating what the best way is to communicate this news to you all and email is certainly not my preferred choice. Ideally, I would like to talk to you each personally but I know how quickly news travels and I want you all to hear directly from me rather than second or third hand. It's important that I get this news out and we all process it the best we can and then look forward to the future.

Roughly two weeks ago I started to lose strength in my hands, after a week of not improving I went to a GP last Tuesday who suggested I get an MRI of my neck done, which I did last Wednesday night. Last Thursday night I went to Mater Private Emergency with the MRI results and the doctor arranged for me in to see a Neurologist first thing Friday morning.

Last Friday at about 8.45am I was told news that has totally devastated me and my family. I have been diagnosed with Motor Neurone Disease, there is no cure, there is no treatment and my life expectancy is around 3-5 years.

It's tough to say - it's tough to type - and it's certainly tough to hear. I know that this is going to be terribly upsetting for many of you and you need to do what you need to do to process this news. I am available 24/7 to talk to / text / email / Facebook whatever your chosen tool is. I've accepted this news and I'm at peace with the cards I've been dealt and I'm determined to make the next couple of years just as enjoyable as the last 38yrs for me and my family.

This news was confirmed by another Neurologist last Friday afternoon. It is unusual for someone my age to get MND and it's nothing more than bad luck, there is no family history and 90% of cases are not hereditary.

At the moment I have about 60% strength in my left hand and 50% in my right, over time I will lose the ability to move my arms, my legs, speak and eat and eventually I won't be able to breath. Each case is different and it's difficult for doctors to give a timeline, rough expectation is wheelchair within twelve months. The good news is that it is just physical and I will still retain all my senses and memory and intellect. It is relatively painless until the later stages.

You need to know that I am fine - I have accepted my fate and I am moving on - for me it's very much business as usual. Sure I'll have my bad days, but I am happy to talk about the disease with any of you and please don't tip toe around me. I am the same person I've always been. I am still running 3 times a week and feeling really good at the moment.

What you do need to do for me is be strong for my beautiful wife, Sarah and my gorgeous two kids Abbey and Charlie. They are going to need love and support right now and over the next few years. They certainly don't deserve this fate and no wife or kids should lose their husband and dad at such a young age and in such a way.

I am conscious that MND effects close family and friends just as much as the person with the disease. Being the youngest child this is also hard for my Mum and Dad and my two sisters and brother as well as my Mother and Father-in-law and my brother and sister-in-law. Please keep them in your thoughts.

Suncorp has been fantastic as usual and the 4 doctors I have seen have been fantastic, and you all know what a legend my wife is - the most amazing person I know and a tower of strength. I will be working for the next couple of weeks then off to Salt for a week and then maybe taking a bit of an extended break. (Of course I will be available for long lunches / sporting events / fishing trips / etc etc during that time.)

Apologies again for having to convey this news in such a way.

All my Love and all the best to you and your families.

Take care

Scott

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