

Champion Barbara Krause

Norton, OH



Diagnosis date: 1992

What was your first symptom? For the total diagnosis it was weakness in my right leg with large muscle spasms of both legs, difficulty walking straight, numbness and tingling with hot and cold sensation simultaneously of shins, and balance problems.

How does MS affect your daily life? I have only a residual weakness of my right leg and walk off balance so I use a rollator walker everywhere I go because I want to go everywhere and do so with speed. For the spasms and spasticity I take medication. The balance between spasticity and spasms help me walk so I don't want to get rid of all the spasticity. (Clear as mud?) I view MS as a minor inconvenience because other diseases out there are much worse than this.

Why is Bike MS or the Ohio Buckeye Chapter important to you? I support anything the Ohio Buckeye Chapter does because they do so much for the people actually affected by MS. It is the most interactive, supportive charity I know of whereby the donations actually go to help 'we the people'. They supplied me with my hand controls for driving, my rollator walker and any information I needed in the beginning of my journey.

How has the National MS Society helped you, or how have you been involved with the Society? I attend information seminars, holiday happenings, try to help with Holiday Bag delivery, do fundraising, and spread the word that the National MS Society helps me and others.

What is your message to the riders? Thank you for riding for us to begin with. Thank you very much for riding for me. I cannot ride myself and I used to be very active.

Favorite movie: The Holiday with Carmen Diaz

Favorite musician: Scotty McCreery

Hobbies/pastimes: Watercolor painting is my new passion. I used to be a runner—6 miles 4 times weekly. I loved it! Then there are the beaches in Southern California—that gave me the idea to collect sand! God placed different sand on each beach as it comes in from the vast ocean. Love waves and sunsets!

What is something most people don't know about you? I was the first graduate nurse to be hired into Coronary Care (without 2 years medical/surgical experience) and I excelled in my knowledge because nurses shunned me to get me to "sink or swim." I came out ahead of all of them because I was a sponge ready to learn at a time when new developments were happening which saves many lives today. I miss it!

Who is your hero? My sister; she and her husband took me in when my life was falling apart.

Identifier: A cross because God is ever present helping me through everything and His blessings are all around – like our beautiful autumn colors – and a paint brush because I paint now instead of being in an ICU!