Client: MS Ireland Yellow News

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Fethard's Paul named as one of faces of MS

Tipperary man Paul Tierney, with my family in Tipperary. the Chairman of the South "My story is a bit different Tipperary MS Ireland to most or all. I began Branch, was one of the experiencing groin/hip people chosen to be the problems and was referred by "faces" for MS Ireland's my GP to Whitfield where I World MS Day campaign, underwent surgery, which was held this week. "Soon after, I underwent a The theme of the Faces of balance test and the surgery. "My story is a bit different

which was held this week.

The theme of the Faces of balance test and the surgeon MS exhibition featuring wasn't satisfied with my Fethard's Paul Tierney in the balance and coordination. St Stephen's Green Centre in They referred me to a Dublin in partnership with neurologist in Dublin.

Novartis was to highlight and challenge the perceptions of news that I had MS. I what people living with MS remember being asked if I look like and are capable of.

MS | reland 'No'.

commemorated World MS "After receiving the news, Day on Tuesday with an I remember feeling numb. I exhibition of portraits of was unaccepting of the eight members of the MS diagnosis and hid it from

exhibition of portraits of was unaccepting of the eight members of the MS diagnosis and hid it from community as part of MS friends for some time. Ireland's schedule of events "Once I did accept it and marking the international shared news of my diagnosis awareness day all over with friends it weirdly felt Ireland. like a massive relief. It World MS Day, held on removed the strain and May 30 every year, aims to energy I was using up hiding raise awareness and support the diagnosis.

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for people living with "One challenge I have

Multiple Sclerosis, the most faced is having to adapt my common debilitating sporting life. I miss playing neurological condition and competing in rugby and neurological conditions and affecting young adults in GAA.

"However, I have found

The day of celebration alternatives like volunteering brought the global MS at Parkruns and coaching community together to share yoga - something I never stories, raise awareness and would have done before. campaign for everyone When I think back, I realise affected by Multiple the inner strength I had.

affected by Multiple the inner strength I had.
Sclerosis. "My advice to those
Multiple Sclerosis is diagnosed is not to dwell and
different for each person to try to stay as positive as
impacted by it. They possible. I have found the
experience different family support and new
symptoms, with different people I have met due to MS a
degrees of severity for bonus.
different amounts of time. "From those I have met in
There is no one way to "have" south Tipperary to those I
MS, there is no one way to live have met in the national MS

MS, there is no one way to live have met in the national MS with MS. Care Centre in Bushy Park The aim of the exhibition and further afield, I have

was to showcase a range of enjoyed getting to know new experiences so people would people and that has been a better understand that MS benefit in my view."

individual was a condition. a very

Describing his MS diagnosis, Paul said: "I was diagnosed with MS in 2013 at the age of 21. I live on a farm

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Fethard's Paul Tierney, Chair of the South Tipperary MS Ireland Branch, exercising on a rowing machine