Update From the Executive Director by Kelli Craddock

Markus Rossmeisl, Member from Houston

In early 2015, Markus Rossmeisl, an IT Director and married with two young children, was traveling for a business trip, recovering from a sinus and ear infection. While getting off the plane, Markus felt dizzy and lightheaded, and a couple hours later, he was hit with extreme fatigue, cold sweats, and dry heaving. A few days later, he developed “heaviness” and tingling in his arms and legs, plus blood pressure fluctuations and heart palpitations. ER doctors and his GP did not know what was going on with him, so he began seeing specialists: an ENT, a cardiologist, a neurologist who gave him Cymbalta and steroids without running many tests, and a rheumatologist.

By March he developed neck and back pain, and with regular, unexplained anxiety attacks, Markus felt overwhelmed with his daily symptoms and was extremely frustrated that he couldn’t find a doctor who could help. Through some research, he found out about Guillain-Barre Syndrome (GBS), an autoimmune form of acute neuropathy, and he found a neurologist in Houston with experience in GBS. She was able to positively diagnose him because of his EMG and spinal tap results. At this point he felt about 90% back to normal and decided against any additional treatments. For Markus, exercise helped his symptoms, and he made a decision to run his first triathlon to help raise awareness about GBS. “I wanted to help inspire others to go out and exercise and to help them realize that you can come back from life with your sickness.” Markus ended up doing 5 triathlons in 2015 and 4 in 2016, competing in the physically challenged category. However in December 2016, Markus had felt back to normal, back at work, and did his first triathlon of 2018 in April. Realizing the reciprocal relationship between his anxiety and the flaring of his symptoms, Markus started seeing a therapist who diagnosed him with PTSD and began neurofeedback therapy, which he has found very helpful.

Markus witnessed first-hand the lack of resources available for doctors and neuropathy patients and raises money in his triathlons to help. Finding NATX through Facebook, Markus joined the Houston support group in February 2018. “A lot of people don’t have access to good information about their neuropathy, and it’s so important what NATX does: spreading the word and ongoing support and education for people in a comforting environment.” Thank you, Markus, for your inspiring story and for your support in raising neuropathy awareness!
Thank you, Neuropathy Community! By Haden Sirmon

Since becoming NATX’s first staff member in October 2015, I have felt so grateful to have the opportunity to get to know so many of you and hear your stories. Thank you for allowing me to be a part of this community. Thank you for helping make Austin my home for the past few years, and I will continue to be an ambassador for neuropathy patients and caregivers as my family and I move to Florida. It has been a joy knowing y’all, and I can’t wait to see how much NATX will continue to grow and do incredible things!

Thank you so much to our sponsor(s) for资助 neuropathy patients and caregivers an opportunity to learn about local businesses that can help serve your needs. Please stay tuned for more details about this event later in the year!

Why is raising awareness so important? Neuropathy affects an estimated 1.8 million Texans, yet so many people do not know what it is or how to get properly diagnosed.

Because of this, many people suffer from neuropathy and aren’t able to find helpful treatments.

One of our goals is for neuropathy to become a household name that is recognized by everyone.

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Our event that was scheduled for Neuropathy Awareness Week has been POSTPONED until the fall. We look forward to having a fun-filled and festive event sponsored by Pioneer Village Senior Living, Good Eats Austin and Pioneer Wealth Management Group with local food trucks and breweries competing for the best slider in Austin and giving neuropathy patients and caregivers an opportunity to learn about local businesses that can help serve your needs. Please stay tuned for more details about this event later in the year!

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