

Faces of Mito



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MARSHA'S STORY

It only takes one meeting with Marsha to be captivated by her infectious smile. Right off the bat, you can feel her dedication and positivity. Marsha has never allowed her shortcomings to limit her will to push forward. She always finds creative ways to be a part of the action!

Since her childhood, Marsha had to work twice as hard to keep up with her peers. The sports and activities she loved took an unimaginable toll on her body. She often questioned why this was the case but was never able to get the answers she needed until a minor mistake on a lab requisition changed her life forever. By pure accident, Marsha's family doctor checked off "CK" (Creatine Kinase, an enzyme that leaks out of damaged muscle). Marsha's CK levels were then tested, which proved that her muscles were being destroyed by an abnormality. This sparked Marsha to pursue unanswered questions as to why she was having this problem. Three years and four doctors later, Marsha was finally diagnosed with McArdle (a deficiency of muscle phosphorylase, causing fatigue and muscle pain during exercise) and mitochondrial disease in 2015.

Marsha was at a charity event for Mitochondrial disease when she stumbled upon a couple of MitoCanada representatives and told them her story. After the event, MitoCanada helped Marsha obtain a referral for a metabolic specialist. Seeing this specialist helped Marsha manage her symptoms and understand what is happening with her muscles.

"Being properly diagnosed has given me peace of mind. Living my whole life without knowing the cause of my symptoms was challenging, now that I know the reason for my symptoms, it is easier to move forward. This has given me a purpose in my life, I want to help the people in my community get the care they deserve".

Since then, Marsha has been a pillar of the Mitochondrial community in Saskatchewan. She helps put on numerous fundraising events and always makes herself available to the community. Marsha never loses hope because her efforts and work are justified by the increasing research for Mitochondrial disease.

"Get out there and spread the word" – Marsha Crossman