Jen’s Story

“We need to be less competitive and more inclusive as a society.”

Being diagnosed with a rare disease can leave a patient feeling isolated and alone. Having a strong support network is critical to their wellbeing.

Jen is a close friend to mitochondrial disease patient Marsha, and an amazing supporter of the mito community. Always helping with fundraisers and community events for mitochondrial disease, she is a kind spirit that wants everyone to be included in the fun.

“Being around Marsha has given me a better perspective. I am so lucky to be able to move relatively freely without worrying my muscles may give out at any moment or I may get so depleted I cannot move and be in a scary situation. It has made me grateful for that, but it’s also made me aware that we need to be less competitive and more inclusive as a society. We need to recognize we are lucky and we should support those who aren’t by trying to be a solution to the cause”.

There are many ways you can support an individual living with mitochondrial disease, whether that be lending an ear and being a person to talk to, participating in fundraising, or making a conscious effort to create an inclusive space for patients to participate in fun activities to the best of their ability. Thank you Jen for being an amazing friend of Marsha and mito!

DONATE TODAY!