

# Faces of Mito

## THOMAS' STORY

*I was born to be an athlete. I would be playing sports 24/7. My main sports were baseball and hockey but if you put a ball in my hands I could do or play anything.*

*In 2012 I had a seizure at a big family event. I later went to a doctor and they said it might just pass. It didn't. A couple years later I went to Disney World and I had another seizure. I was later put on some medications to help prevent these seizures.*

*During high school I started feeling tired in my legs and body. I could not walk from the parking lot to the school without getting tired. The athlete who could play for days and run for hours was no more. We saw a million doctors and it took 4 years to diagnose my mitochondrial disease. For me this felt like 40 years.*

*Throughout the years I have struggled mentally, socially and physically. I have dealt with neck pains, seizures and thoughts people can't even imagine. I eventually broke through these barriers a couple months ago. I had some help from my parents and sometimes I just had to learn through time. I now run my own blog on Instagram called [@lifesjourneythomasz](https://www.instagram.com/lifesjourneythomasz). I've always had a passion for helping people and that's what I plan to do.*

— Thomas

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