



# Faces of Mito

Meet **Marsha** asks us  
to get out there and spread the word



It only takes one meeting with Marsha to be captivated 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). When Marsha's CK levels were tested the results showed 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 mitochondrial disease that manifests as a deficiency of muscle phosphorylase, causing fatigue and muscle pain during exercise in 2015.

Marsha was at a charity event for mitochondrial disease when she stumbled upon 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," says Marsha. "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.

Marsha says her diagnosis, has given her a purpose in life. She wants to help people in her community get the care they deserve. Marsha is a pillar of the MitoCommunity 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.