



2015 MDF Annual Conference

Sept. 18 - 19, 2015 Washington, DC



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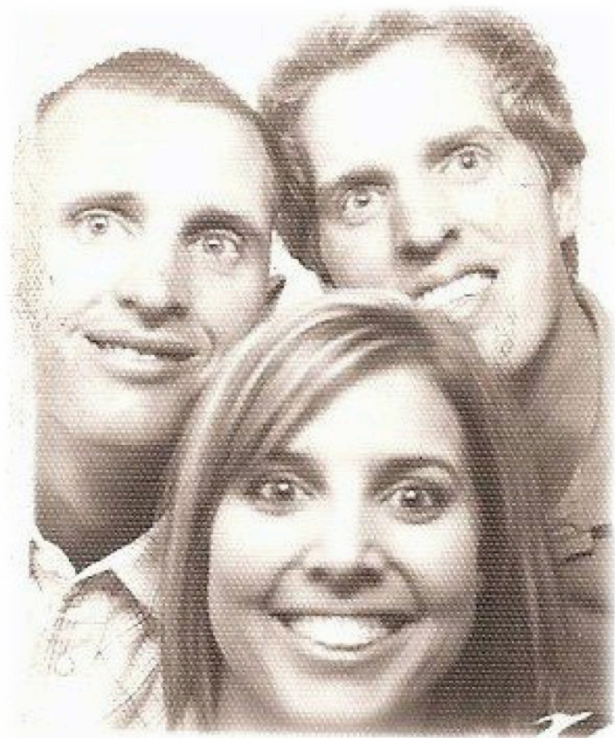
Care and a

Community-Led Track

Coping Strategies for Adults with DM

Dean Sage
Edibell Stone
Shannon Taylor

Dean Sage



Mannon Taylor



Edibell Stone



LenHartley.com

DM1 Symptoms...

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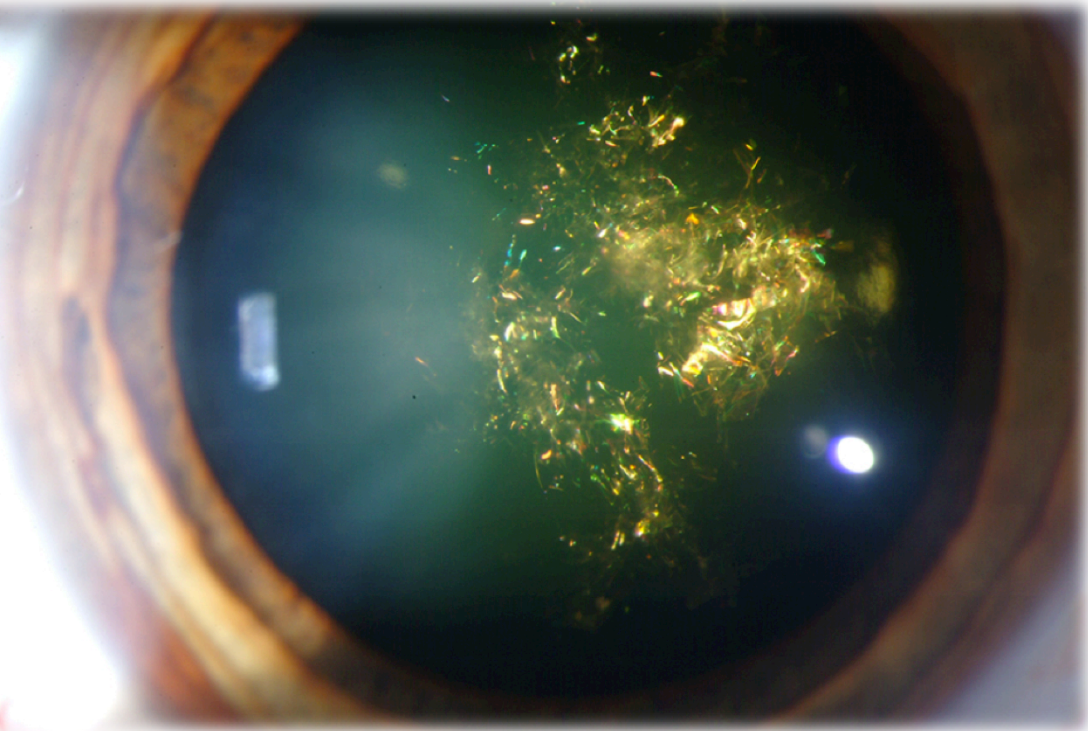


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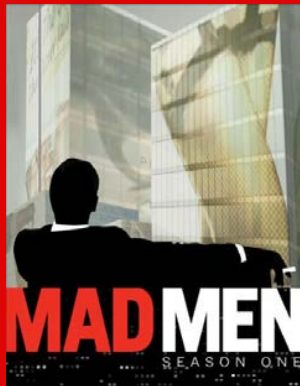
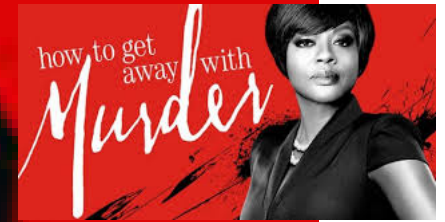






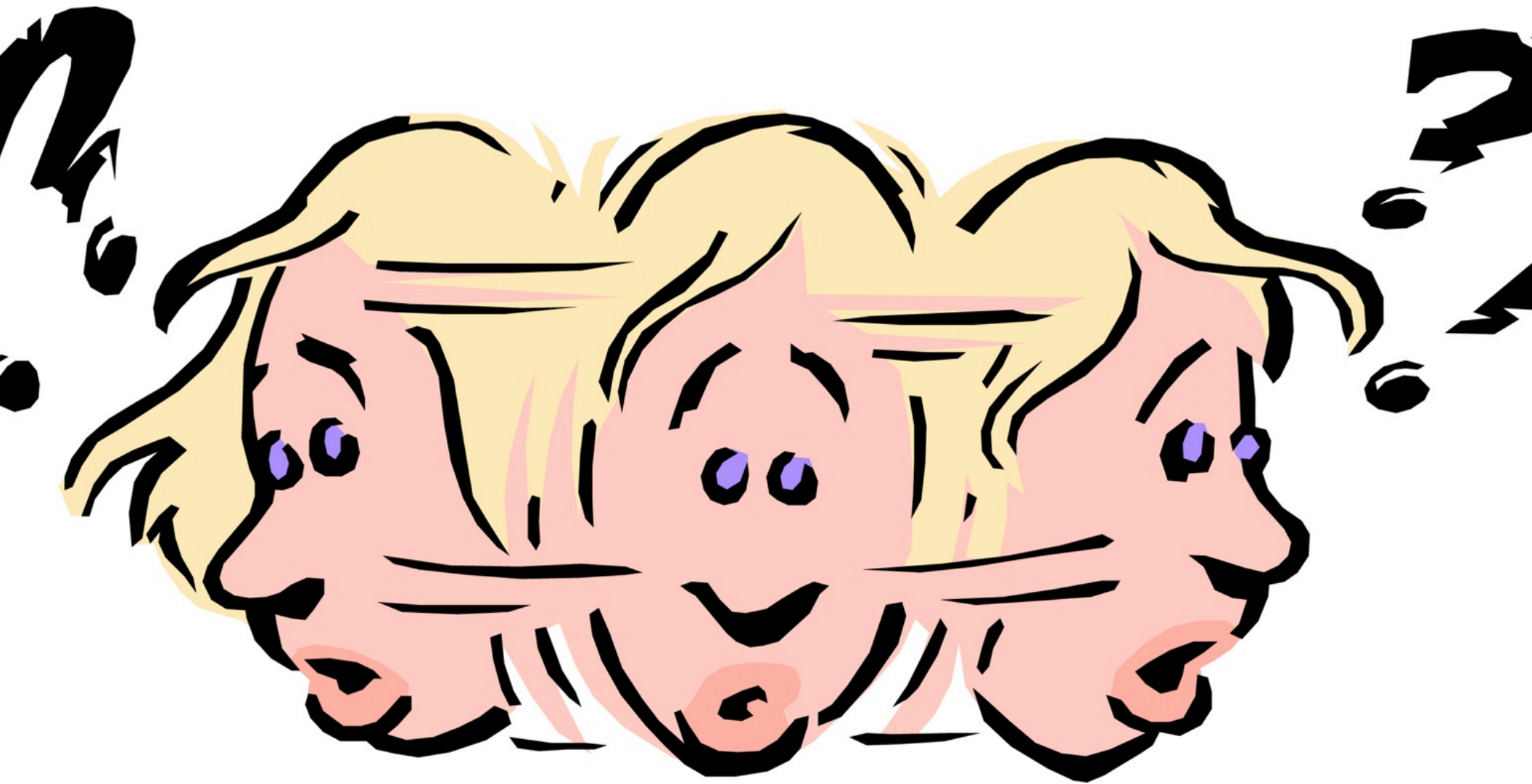


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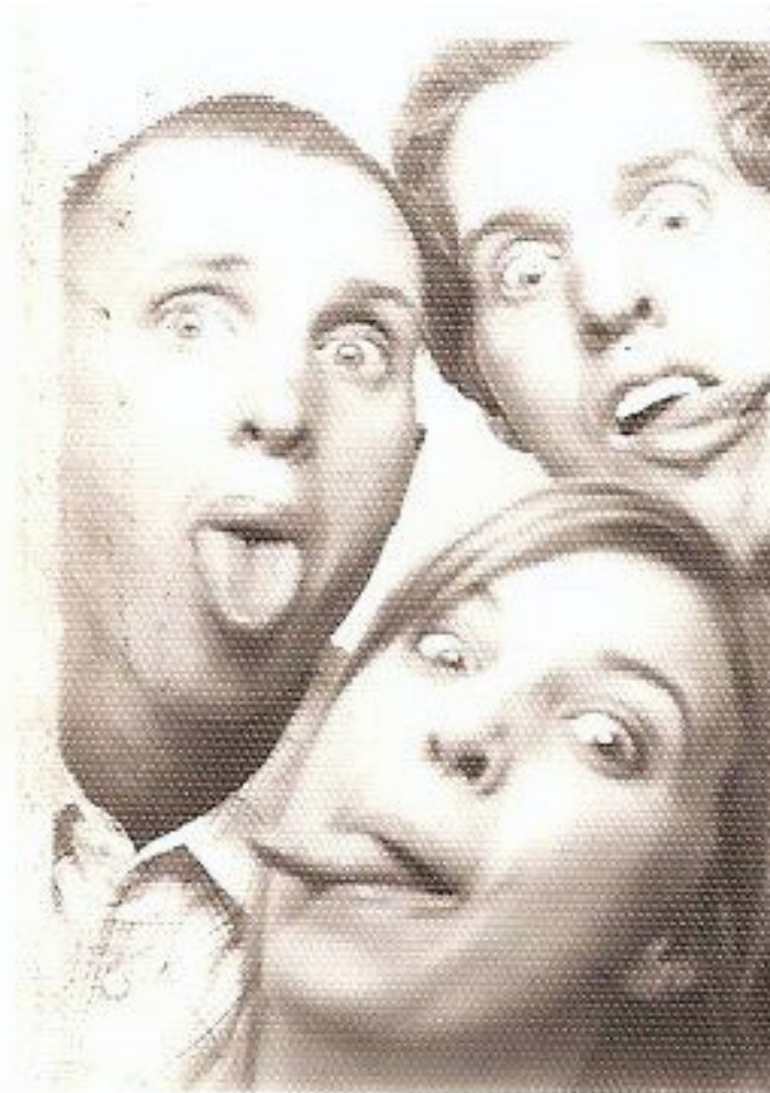
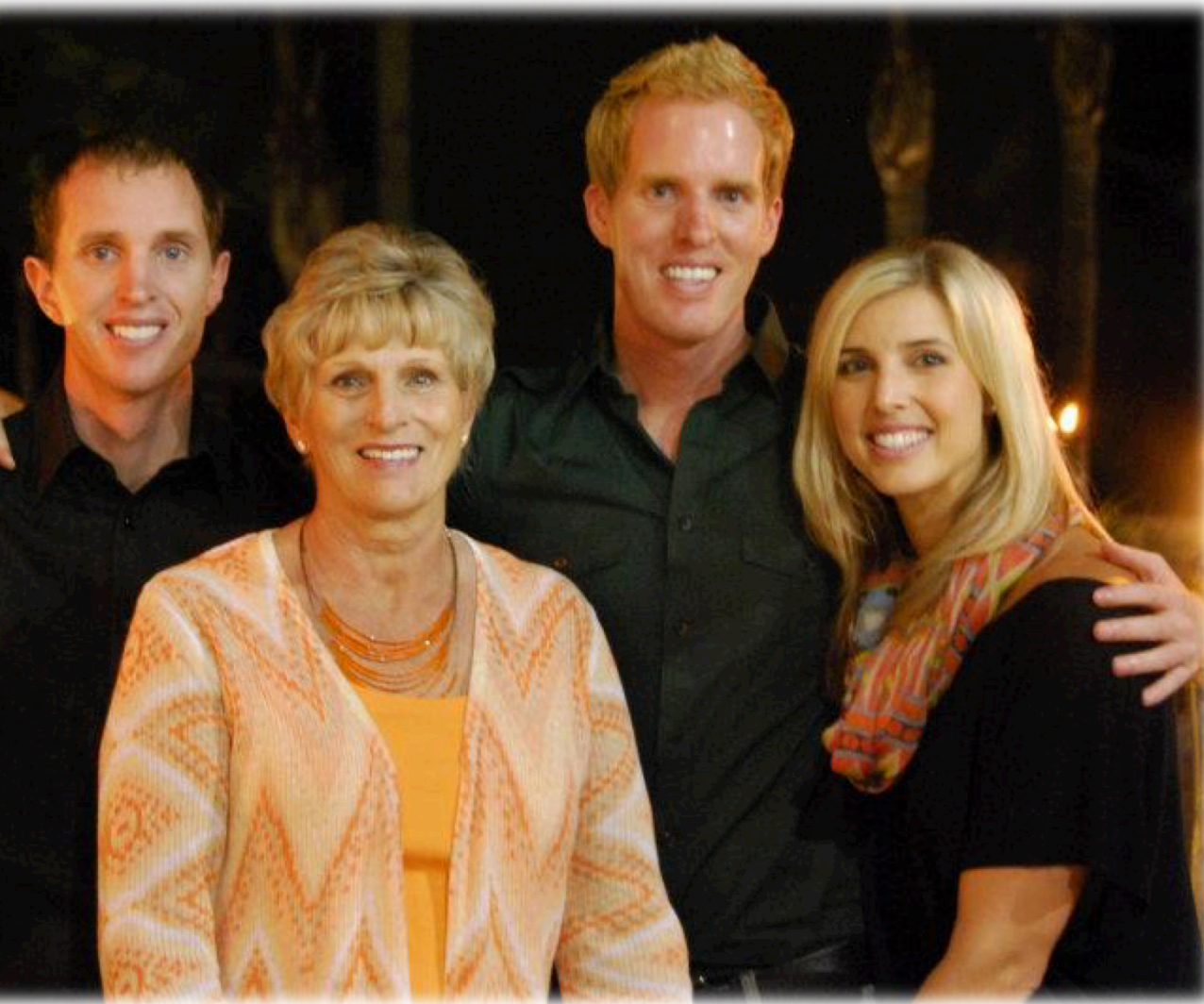
The GREAT AMERICAN
Trailer Park DARK
MUSICAL













Doctor visits every 6 months

Medical massage therapy, Reiki, essential oils

Exercise: swimming, light lifting, walking, etc.

Plant strong diet; supplements

Sons take mexilitine, modafinil, wellbutrin, gabapentin

Meditation

Sleep routine: In bed by 10 p.m., Awake by 6 a.m.

Denial and a sense of humor

Gratitude



Morning Loving-Kindness Meditation

Repeat for 5 minutes with a prayerful mind set, use throughout the day when feeling overwhelmed)

May I be Safe.

May I be Happy.

May I be Healthy.

May I walk with ease through the world today.



Healthy coping strategies...

Social media & Facebook



MDF DM1 Group
Closed Group



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Healthy coping strategies...

Allow yourself to feel sad but
continue to live your life



Healthy coping strategies...

Nothing is impossible.



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Continue the Conversation

MDF DM1 Group on Facebook

Face-to-Face MDF support groups throughout U.S., Ottawa, and Switzerland: <http://myotonic.org/find-support>



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