

eular

fighting rheumatic & musculoskeletal
diseases together

edgar
stene
prize 18



Winner: Magdalena Misuno, Poland

“I am 37 years old, have systemic lupus erythematosus and live in Gdańsk, Poland. I studied classical philology [the study of language in written and oral historical sources] and have worked as a book and magazine editor and proof reader. Various life events caused me to become interested in human nutrition so I started a postgraduate degree in psycho-nutrition. I would like to help others and will soon begin working in this field.

My life’s passions are horses and horse riding. I love my daily walks with the dog, especially in the woods and by the sea. I am also interested in dog training, especially tracking. In my spare time, I enjoy reading traditional format books by authors like Grisham, Archer, Marinina, Pilch, Miłoszewski or Tokarczuk.

I volunteer at the Re-Misja (Re-Mission) Association and have been its chair for two years now.

I found out about the Edgar Stene Prize competition during a Polish national convention of organisations of people with rheumatic and musculoskeletal diseases (RMDs). My motivation to participate was twofold. Firstly, I wanted to use my essay to thank the people who support me in my everyday life with an RMD. Secondly, I wanted to communicate to others – especially those who are alone or doubt their own strength and just accept the disease – that our present life, and our attitude towards ourselves and the world that surrounds us, is really up to us alone.

With what is in our heads and hearts, we can change our lives despite adversity, fate and the disease”.