

Ice, Slice & Adrenalin


Michael McGrath MBE

Patient Keynote



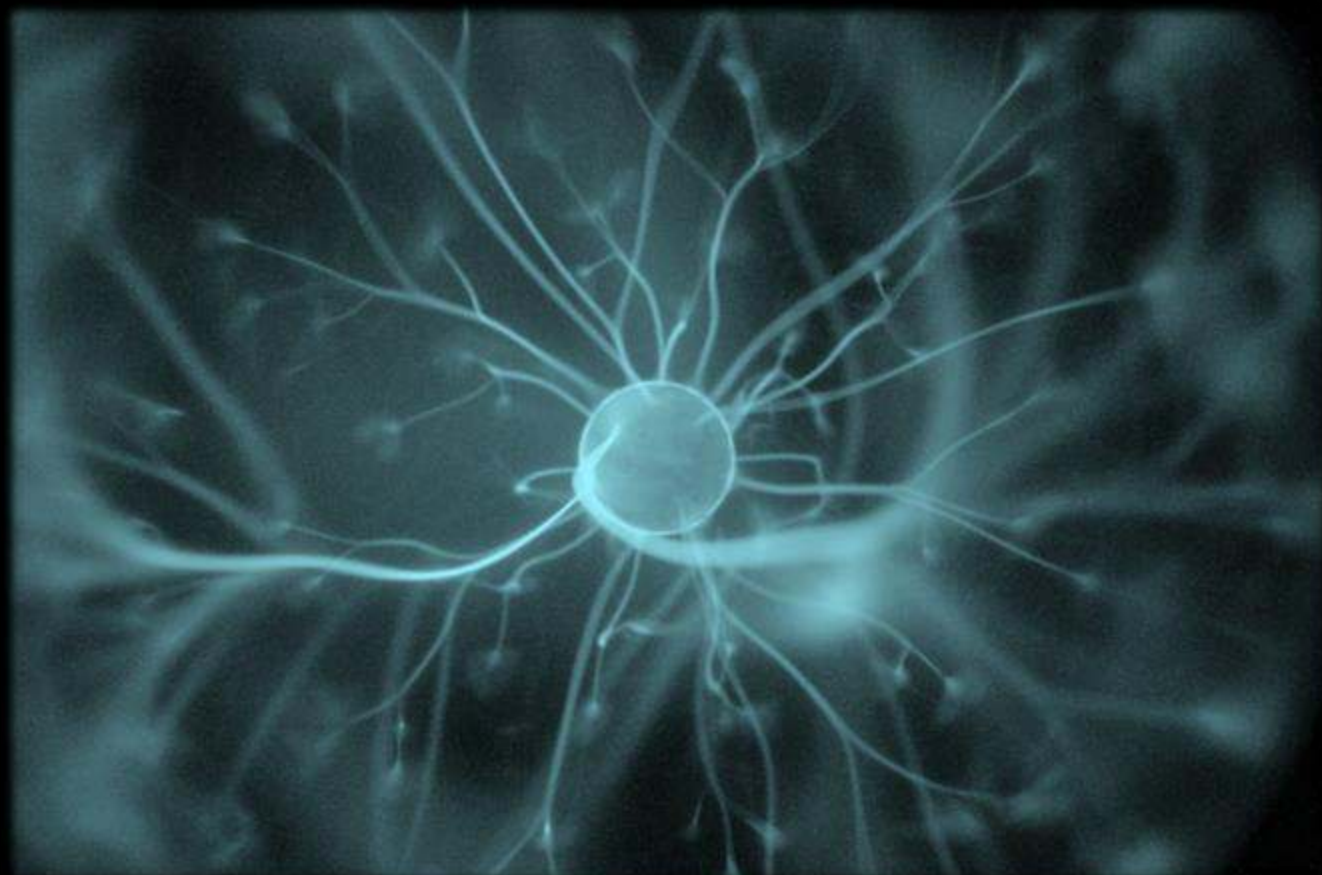
'Quant Je Puis'
As Much As I Can

Self-belief
Preparation
Focus
Personal Accountability
Authenticity

A photograph of Michael McGrath, a man with glasses and a beard, wearing a heavy winter jacket and a hat, sitting in a wooden structure. The image is dimly lit and has a blueish tint.

“Living with a slow, deteriorative muscle wasting condition is a marathon of emotional and psychological proportions...”

Michael McGrath MBE DL
Speaker, Record Breaking Polar Adventurer
Founder & CEO UK Muscular Dystrophy Charity

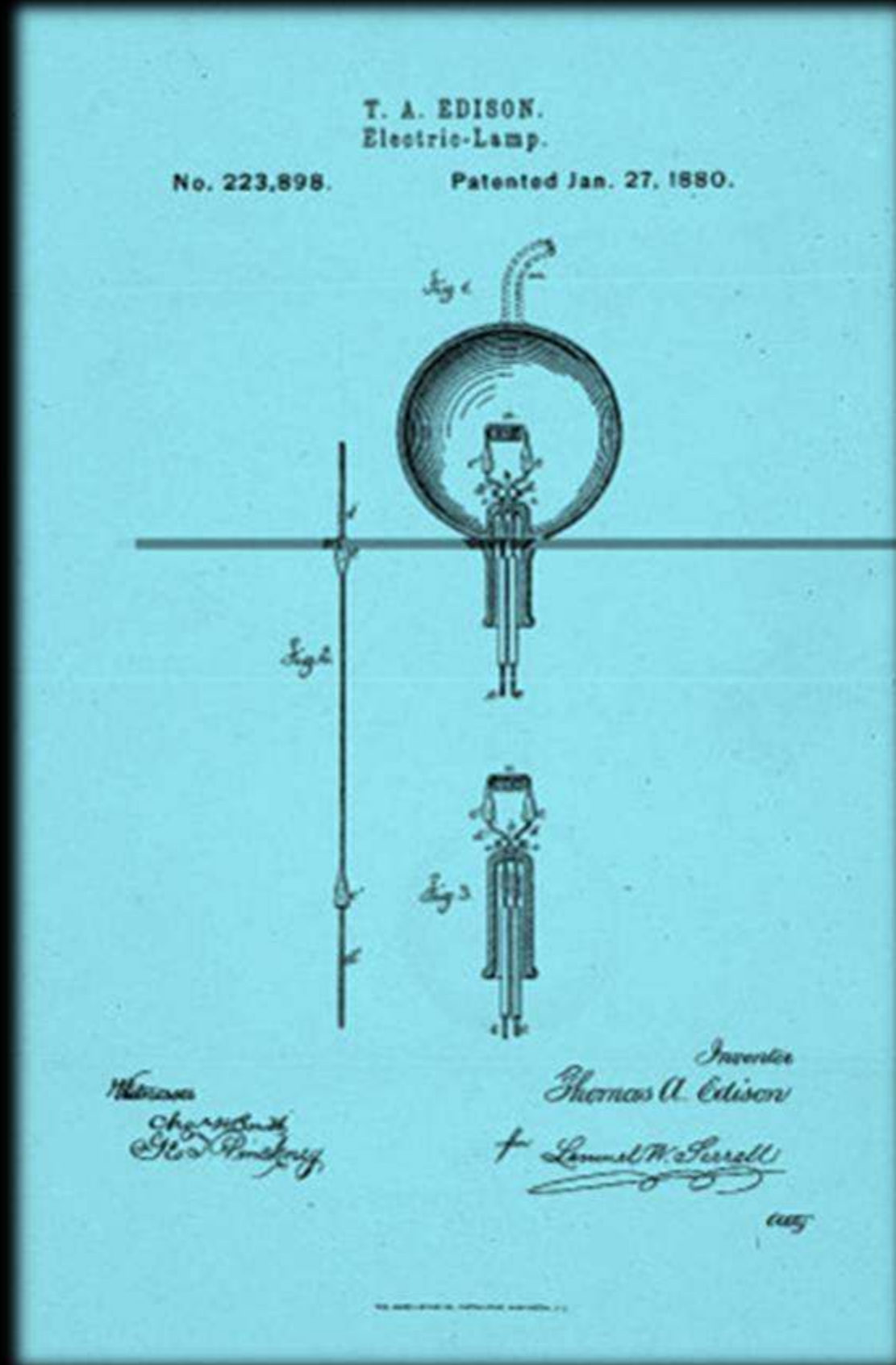




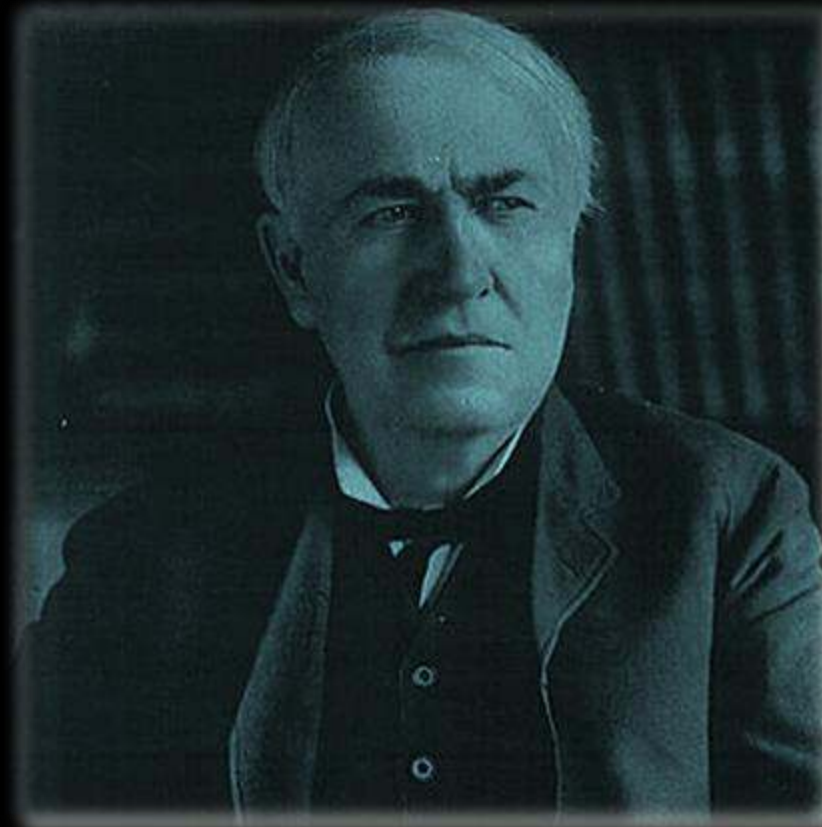


Michael's 'crossroads'
moment in time...
when the diagnosis of
Muscular Dystrophy
was made...





Genius is one percent inspiration, and ninety-nine percent perspiration ...



T A Edison





What It Means To Be A Patient

- Muscular Dystrophy is a progressive, lifelong condition
- Managing physical limitations is part of daily life
- Access to specialist care can be a postcode lottery
- Impact on emotional and mental health is often significant
- Charities and support networks often play a major role
- Patients often engage with research and future treatments







CELEBRATING 24 YEARS OF SMILES



