

## **A Word from the President...**

by: Claude St-Jean

### **The most important thing for ataxics is to have a goal in life.**

My greatest wish, and you know it very well, has always been to find a treatment to improve your specific form of hereditary ataxia.

Since more than 25 years, I have been organizing financing campaigns, activities of all sorts and whatever in order that ataxics, too, have their place in the sun.

At the time that I am writing these lines, I feel tired. There are days when I feel like quitting everything. I tell myself that I am a human being like everyone and not a species of robot.

What saddens me is the feeling that ataxics could be more interested in the Canadian Association of Friedreich's Ataxia. The youth who have Friedreich's ataxia or other forms of hereditary ataxias are not concerned enough with their lot: they do not think of the future.

I will say it again: it is extremely important to exercise, to eat well and to lead an ordered life. I am convinced that the researchers will succeed in updating medications and experimental treatments. But, at the same time, I remind you that this cannot be beneficial if you are not concerned about yourselves.

Genetics is presently an invaluable help for the prevention of your disease. As for the financing campaign of 1997, we have reached 40% of our goal of 350 000\$. Times are hard, I admit, but medical research should not have any respite. We must always go forward.

As for that which concerns me, I will continue to fight with all the strength that is left to me even if I have very serious health problems. I think that it would be lazy to give up, for life, in spite of everything, has much to offer. I will go to the very end!

I invite you to buy the book on the biography of Danielle Tremblay who is the vice-president of the administration council of your association. She is a dynamic young woman and savours life.

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