

Jack Osbourne Opens Up About His MS Journey

The star of “You Don’t Know Jack About MS” on the diagnosis that changed everything, the tough love that got him through it, and the mindset keeping him moving.



Jack Osbourne, star of *You Don’t Know Jack About MS*®

“I had a numb leg, I was losing my vision, and the MRI showed I had seven lesions... All signs pointed towards MS.”

THE DIAGNOSIS

Jack Osbourne had just become a father. His daughter, Pearl, was three weeks old. Suddenly, he started losing his vision.

“I developed optic neuritis. I didn’t know what it was at the time, but I went to the eye doctor. I think the eye doctor knew what it was, but he wasn’t a neurologist so he couldn’t tell me. He sent me to the hospital to have an MRI. There were spinal taps, blood tests, and all that. Then I got the news: ‘You’ve got MS.’”

Prior to his diagnosis, Jack’s life had been pretty carefree when it came to his health and wellness. He was 26 at the time, nine years sober, and his career as a television personality was taking off.

An MS diagnosis is difficult to process. Jack, a proud father ready to start this new chapter in his life, was having trouble wrapping his head around what had just landed on his shoulders. He reached out to his support partners for advice.

“One of my best friends was one of the first people I called.”

JACK *“Dude, I can’t see, I can’t do all these things, I don’t know what’s going to happen.”*

FRIEND *“Deal with it. Don’t let it win. You can find a way to make this work with you.”*

"That was the kind of advice I needed."



TOUGH LOVE, HONESTLY DELIVERED



Jack's support group knew he wouldn't respond well to a gentle hand — he acknowledges that he subscribes more to the "tough love" style of affectionate concern.

"I called my other friend the day I got out of the hospital, when I was still in shell shock. I called him and said, 'John, I'm in a bad way. I've got MS.'"

JOHN "So?"

JACK "Really?"

JOHN "Can you breathe?"

JACK "Yeah..."

JOHN "Are you still sober?"

JACK "Yeah."

JOHN "Have you lost anything?"

JACK "Not yet."

JOHN "Then you're good today."



FROM DIAGNOSIS TO EDUCATION

Jack adapted. Partnering with Teva Neuroscience, he created the web series You Don't Know Jack About MS® (YDKJ). The webisodes provide insight and resources for people who are newly diagnosed or currently living with forms of multiple sclerosis, and highlight how Jack manages his health and wellness while living with MS.

You Don't Know Jack About MS®

A web series created in partnership with Teva Neuroscience, offering insight and resources for anyone newly diagnosed or currently living with multiple sclerosis.

► [View the series at youdontknowjackaboutms.com](http://youdontknowjackaboutms.com)

"I'm doing a campaign that I could have utilized when I needed it the most. It doesn't matter what my job is. If I was a carpenter in Kentucky, I still would have needed the same information. I wanted to make a campaign that I could have utilized and benefited from."

Some webisodes focus on common misconceptions people have about MS; others discuss nutrition and exercise. All of them show that while relapsing-remitting MS is part of Jack's life, it isn't controlling it.

MOVEMENT AND SUBSTANCE

One webisode that epitomizes this theme is "Movement and Substance," the series' second installment. In it, Jack discusses how, before his MS, he loved doing high-impact exercise — a fan of rock climbing and weight lifting who never considered something like yoga a workout.

Going to yoga with his family helped him look at exercise differently, and he's since folded that experience into a whole new worldview.

"Whether it's a work-related issue, travel, exercise, or doing an endurance event, I have to say, 'Okay, I want to do this. Here's why I think it's good. Is this going to affect my MS? If it does, can I still accomplish it? If so, how?' I always ask myself these questions in the evaluation process."

The episode also shows how Jack has reevaluated his diet. While registered dietitians agree there's no one-size-fits-all food plan for people living with MS, adopting healthy food and lifestyle habits is linked to improved quality of life. Jack found his own meal plan, based simply on what food makes him feel good — and what doesn't.



Jack Osbourne is 33 years old, a father of three, and has been living with MS for six years.

LOOKING AHEAD

YDKJ is currently developing its next season, including a webisode nearly everyone living with MS can relate to: avoiding the doctor.

"I have a really bad tendency of 'head-in-the-sand' when it comes to my doctor's appointments... I haven't had an MRI in a few years, so we're going to do an episode about making sure you're going to your doctor's appointments every six months!"

Now a father of three, Jack is proud to have helped educate others and raise MS awareness. He's worked with his neurologist and other healthcare experts to develop a treatment plan that works for him. Rather than dwelling on the future, Jack focuses on the present.

"I can right now, so I'm going to... A body in motion will stay in motion."

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