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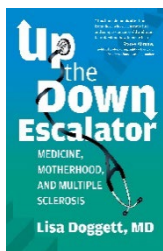
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FOR IMMEDIATE RELEASE

## ***Up the Down Escalator: A Story of Triumph in the Face of a Terrifying Diagnosis.***

"This book demands attention from those who seek a more just and compassionate world and want to understand how to make it so."

— **Stacey Abrams**, political leader, voting rights activist, and *New York Times* bestselling author



Austin, TX, August 15, 2023 — One morning Dr. Lisa Doggett woke up dizzy. Double vision and taste changes followed. An MRI revealed multiple sclerosis, a disabling brain disease known to rob healthy young adults of mobility, cognitive function, and independence. Doggett was devastated. Would she still be able to work as a family physician, raise her two young daughters, and continue her morning runs?

Facing the prospect of a career-ending disability as she adjusted to life with multiple sclerosis, Doggett was forced to deal with a new level of uncertainty and vulnerability, and the everyday fear that something new would go wrong. Taking off her white coat—becoming a patient herself—she confronted unimaginable fears and coped with her limitations while trying to be an attentive mother, wife, and a caring family doctor to her uninsured patients, whose needs often eclipsed her own.

With candor and humor, Doggett's new memoir, *Up the Down Escalator*, chronicles her battles with insurance companies and trials of odd diets and therapies. Forever furious with the dysfunctional and inequitable health care system, she also renews her commitment to advocate for her underserved patients.

"When I was first diagnosed with MS, I felt like my future had been cancelled. I am a health enthusiast and never expected to get sick. I was so angry," Doggett said. "But living with MS for nearly 14 years hasn't been all bad. It's taught me gratitude, helped me better connect with my patients, and forced me to confront uncertainty. I've realized MS is not a reason to stay home and to hold back but to figure out what's important—to do more and do it now."

The memoir is a bitter, front-line critique of health care in the U.S. But it is also a story of hope, as Doggett learns to soften her inner drill sergeant and push past her limits. The book inspires those with chronic disease—and all readers—to seek wisdom and meaning in life's challenges.

## About the Author



**LISA DOGGETT**, a family physician, was diagnosed with multiple sclerosis in 2009. She is passionate about improving care for vulnerable populations and helping people with MS and other chronic conditions live their best lives. Her articles have appeared in the *New York Times*, the *Dallas Morning News*, *Motherwell*, the *Austin American-Statesman*, and more. Visit her website: [LisaDoggett.com](http://LisaDoggett.com)

### ***Up the Down Escalator: Medicine, Motherhood, and Multiple Sclerosis***

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Reviews, photos, links to previous interviews and Q&As are available upon request.

# Media Questions for

## *Up the Down Escalator* by Lisa Doggett, MD

- 1) Tell us about yourself, including when you were diagnosed with MS and how that happened.
- 2) You recently wrote a book called, *Up the Down Escalator*. What is this book about?
- 3) Why did you decide to write it?
- 4) For many people with MS or other health conditions, it can be hard to open up and share their diagnosis with others. How have you navigated telling people that you have MS?
- 5) What was your darkest moment during your initial struggles with MS symptoms?
- 6) How has MS affected your relationship with your patients?
- 7) How has MS impacted your family and your daily life?
- 8) What are the key lessons learned since you first got sick with MS? What has surprised you?
- 9) In what ways has your experience as a doctor with MS been different from nonphysicians?
- 10) You talk about “silver linings” – what are some of the silver linings from having MS?
- 11) What advice would you give someone who is facing a new diagnosis of MS or another chronic condition?
- 12) You’ve done pretty well with your MS. You’re still able to work and be active. Tell us how you’ve taken care of yourself since your diagnosis.
- 13) What are some of your greatest achievements since your diagnosis?
- 14) Is there anything else you’d like to add?