

Name: Cornelia Păuna

Age: 26

Country: Romania

Name of the Organization:

Association of Patients with
Neurodegenerative Diseases, Romania

About my Organization:

- **Information and education** – through monthly meetings, events, workshops.
- **Quality of life and support** – MS navigator, MSWalk and others.
- **Awareness campaigns** – Brain awareness week, World Brain Day, Invisible Disabilities Week, MS/ALZ/PKS Days.
- **Advocacy projects** – new MS centers, patient registers, patient empowerment, multidiscipline centers.

How to contact me:

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About me:

Hi all! My name is Cornelia Pauna and I live in Brasov, Romania (near Dracula's Castle). At the age of 22 I was diagnosed with multiple sclerosis and the first 3 years after my diagnosis I didn't want to hear anything about MS. When I received a test result that was rather iffy, I decided to get involved and actually find out what I'm dealing with. It's funny because since highschool I was involved in all kinds of actions with patients (children mostly), but when I became a patient, it didn't occur to me that I could do something for myself and my community.

Thus, in 2019 I started volunteering in a national organization and they were the ones that directed me to STYPA, where I got accepted and participated in 2020. This was a whole new world for me – 'advocacy' became part of my vocabulary. I feel I've grown in so many ways since I started getting involved. I became very interested in human rights in general and I truly wish to educate people (and myself) to raise their voices and fight for their rights.

As profession, I am a mechanical engineer in an IT company that delivers a CAE (Computer-Aided Engineering) product, my focus being on multi-body dynamics. As of leisure activities, I enjoy very much hiking and reading and one of my personal projects (that I keep postponing) is to learn French.

I am really excited to be part of this group because my main goals as patient advocate is to reduce stigma associated with chronic patients and to participate in shaping a society where 'equality' is the premise.