

Karen Duffy

Quotes

*People, Optimistic, Body, Thank You, Pain, Sick, Years, Healthy, Thinking, Eye,
Beach, Wisdom, Water, Priorities, My Time, Care, Affected, Trying, Running,
Able*

I did as much research as I could and I took ownership of this illness, because if you don't take care of your body, where are you going to live?

~Karen Duffy

Concealing an illness is like keeping a beach ball under water.

~Karen Duffy

It's been an incredible odyssey to make the journey from a vibrantly healthy person to someone with a chronic illness.

~Karen Duffy

Happiness is the best cosmetic.

~Karen Duffy

I don't have feeling in my feet to my fingertips; I also have active lesions in my bone marrow and in my eyes.

~Karen Duffy

In a way, I have simplified my life by setting priorities.

~Karen Duffy

My family has been amazing, and they understand how blessed I am. They've been able to keep my sense of humor.

~Karen Duffy

A lot of people asked me if it was frustrating not having a clear specific diagnosis, but I didn't mind, I just chose the most optimistic diagnosis.

~Karen Duffy

I am enormously honored to be one of the spokesmen of the New Age Womens Health Campaign, so you'll be seeing me in public service announcements and public appearances supporting the campaign.

~Karen Duffy

Everyone who has sarcoidosis is affected differently.

~Karen Duffy

I try to manage my time to conserve energy.

~Karen Duffy

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