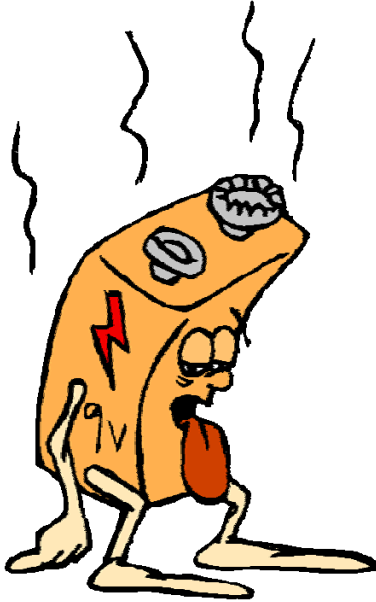


MITOCHONDRIAL DISEASE ENERGY CRISIS IN THE CELL

What is Mitochondrial Disease? – Compare a Battery with Mitochondria



- ★ A new (healthy) **Battery** generates energy for boom boxes, cameras, and flashlights – producing light, sound, and photographs.
- ★ Healthy **Mitochondria** are the power plants in almost every cell, in every person's body. Your heart, brain, muscles, kidneys, and lungs depend on the mitochondria to generate energy for them to work properly.
- ★ The **Mitochondria** take the food we eat and the air we breathe to produce the energy we need to jump rope, read a book, or sing a song.
- ★ An old (sick) **Battery** has a lot of trouble making your things work. The flashlight becomes dim or leaves you completely in the dark. The boom box plays music slowly or not at all and cameras cannot take pictures if the battery is dead.
- ★ Damaged (sick) **Mitochondria** can cause children and adults to have problems in making their bodies work. Some kids cannot digest foods, cannot move their legs, cannot hold their mother's hand, or just cannot find the energy to get out of bed in the morning. They may lose their sight, have seizures, or cannot hear their father telling them good night.
- ★ Mitochondrial disease is **NOT** contagious, which means you can't catch it by touching or being near someone with the disease. It is a genetic disease which means it is part of your family's health history.
- ★ **What can you do to help?** Tell your family, friends and other people about Mitochondrial Disease and join our efforts in raising money to find a CURE!