

WHAT IS MITOCHONDRIAL DISEASE?

Mitochondrial disease is the body's inability to turn food into the energy needed to sustain life.

POSSIBLE SYMPTOMS

Brain

- Developmental delays
- Dementia
- Neuro-psychiatric disturbances
- Migraines
- Autistic Features
- Mental retardation
- Seizures
- Atypical cerebral palsy
- Strokes

Nerves

- Weakness (may be intermittent)
- Absent reflexes
- Fainting
- Neuropathic pain
- Dysautonomia - temperature instability & other dysautonomic problems

Muscles

- Weakness
- Cramping
- Gastrointestinal problems
- Dysmotility
- Irritable bowel syndrome
- Hypotonia
- Muscle pain
- Gastroesophageal reflux
- Diarrhea or Constipation
- Pseudo-obstruction

Kidneys

- Renal tubular acidosis or wasting

Heart

- Cardiac conduction defects (heart blocks)
- Cardiomyopathy

Liver

- Hypoglycemia (low blood sugar)
- Liver failure

Eyes & Ears

- Visual loss and blindness
- Ptosis
- Ophthalmoplegia
- Optic atrophy
- Hearing loss and deafness
- Acquired strabismus
- Retinitis pigmentosa

Pancreas & other glands

- Diabetes and exocrine pancreatic failure (inability to make digestive enzymes)
- Parathyroid failure (low calcium)

Systemic

- Failure to gain weight
- Fatigue
- Unexplained vomiting
- Short stature
- Respiratory problems

Think mitochondrial disease when three or more organ systems are involved.

COULD IT BE MITOCHONDRIAL DISEASE?

**A QUICK-REFERENCE GUIDE
FOR PATIENTS AND FAMILIES**

- ***Mitochondrial disease is under-diagnosed, and its rarity is questionable. It is estimated that every 30 minutes a child is born who will develop a mitochondrial disease by age 10.***
- ***Diagnosing mitochondrial disease can be a nightmare. Many experts refer to it as a “notorious masquerader” because it wears the “mask” of many different illnesses.***
- ***Adult onset of mitochondrial disease can result in drastic changes from an active lifestyle to debilitating illness in a short amount of time.***
- ***The United Mitochondrial Disease Foundation promotes research and education for the diagnosis, treatment and cure of mitochondrial disorders and provides support to affected individuals and families.***
- ***There is no cure...yet.***

**FOR MORE INFORMATION
ON MITOCHONDRIAL DISEASE CONTACT:**



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