



## Nebraska Lutheran Knights Basketball teams open their season on Saturday, December 2<sup>nd</sup>!!

Come see your Nebraska Lutheran Knights take on Meridian!

Girls JV 12:30, Boys JV 1:30, Girls Varsity 2:30, Boys Varsity 4:00

**We will be holding a special Mitochondrial Awareness Night on Saturday, December 2<sup>nd</sup>, in honor of Wyatt Beiermann, Coach Beiermann's nephew and Braden's cousin.**

After approximately one year of numerous tests, 6 year old Wyatt was diagnosed with a Mitochondrial disease. This is a progressive disease and at this time there is no cure. Wyatt is a big fan of Nebraska Lutheran basketball, watching most of the games on Livestream, coaching and cheering the Knights on from home.

Wyatt will be an honorary member of the team on December 2<sup>nd</sup> and is thrilled to be cheering in person!



We will be holding a raffle for several gift items. The raffle will be held during half time of the boys varsity game. All proceeds will be donated to the United Mitochondrial Disease Foundation for advancing research. We would also like to encourage everyone to wear green that night as it is the color associated with Mitochondrial Awareness.

**{What does mitochondrial disease look like?}**

Mitochondria are present in almost all cells of the body.

Brain, heart, lungs, eyes and muscles are primarily affected.

This disease causes problems with thinking, walking, talking, eating, breathing,—just about anything.

**Brain**—seizures, stroke-like episodes, depression, cognitive impairments, language delay, autism, learning disabilities, movement disorder, fatigue

**Eyes**—cataracts, droopy eye lids

**Heart and lungs**—cardio weakness, shortness of breath, heart failure

**Stomach/Intestines**—constipation, diarrhea, digestive difficulty

**Endocrine** (above stomach/intestines)—diabetes, hormone deficiencies, thyroid problems

**Muscles** (legs and arms)—muscle weakness, pain

**Nerves**—pain, hearing loss, dizziness, fainting, exercise intolerance

**UNITED MITOCHONDRIAL DISEASE FOUNDATION.** [www.umdf.org](http://www.umdf.org)

**mito ACTION** [www.mitoaction.org](http://www.mitoaction.org)

**Foundation for Mitochondrial Medicine** [www.mitochondrialdiseases.org](http://www.mitochondrialdiseases.org)

THANK YOU FOR YOUR SUPPORT AND GO KNIGHTS!!!!

