

Meet Sam

Hello! Nice to meet you, my name is Sam.









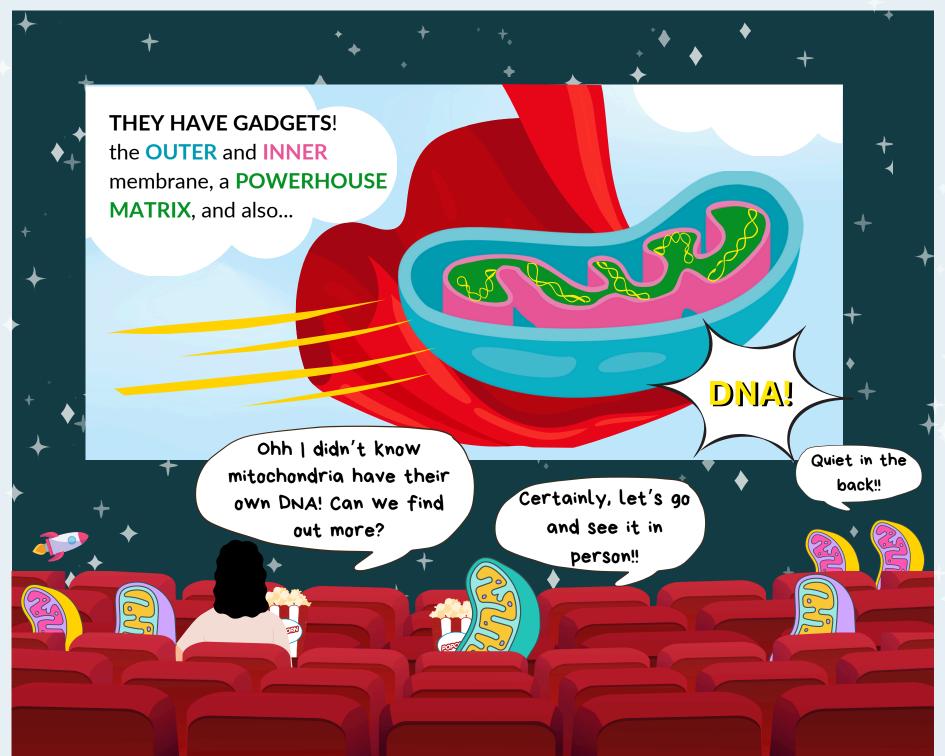




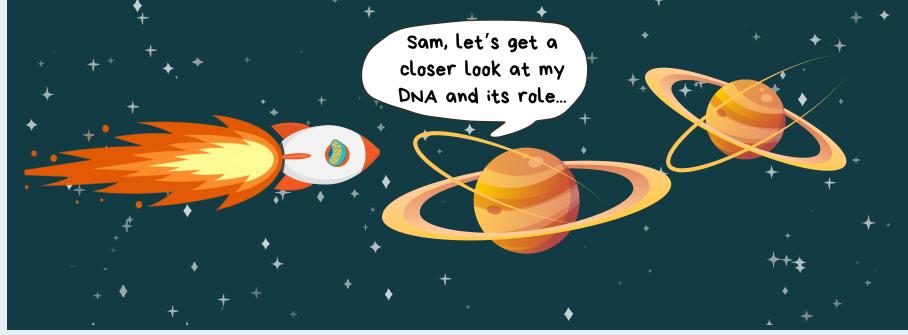
In this extraordinary planet, superheroes with unique powers **WORK TOGETHER** to keep everything alive and spinning. In the blue seas of the cell, we encounter one of the most crucial figures...

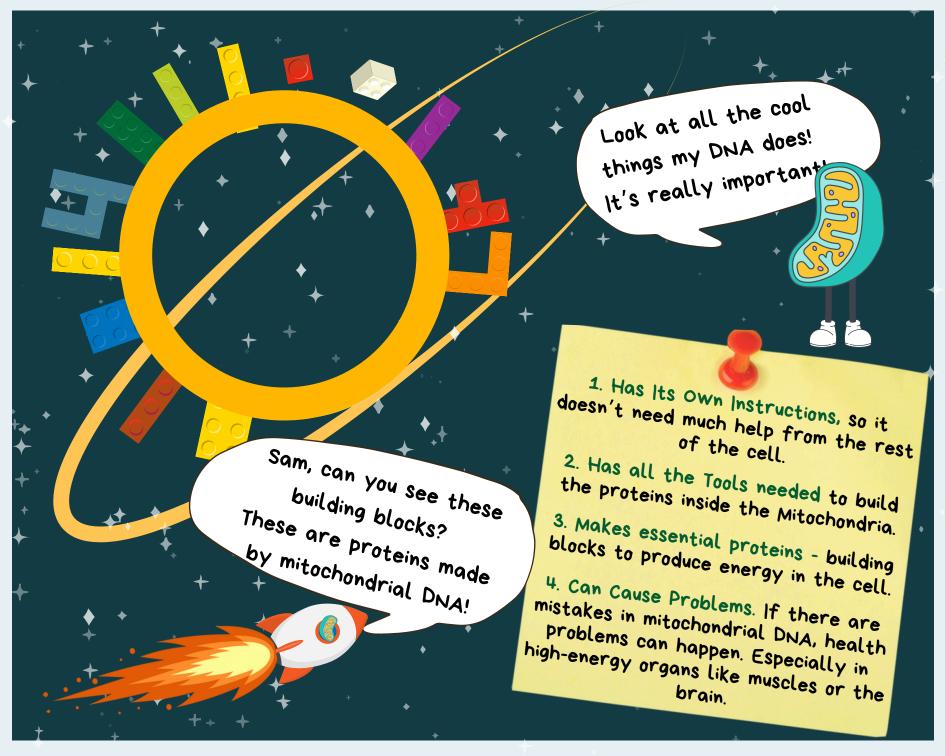


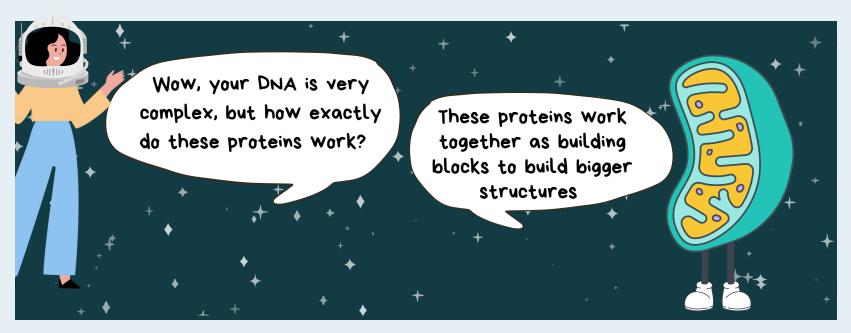


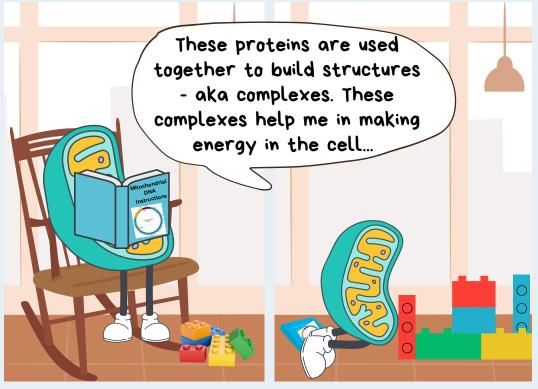






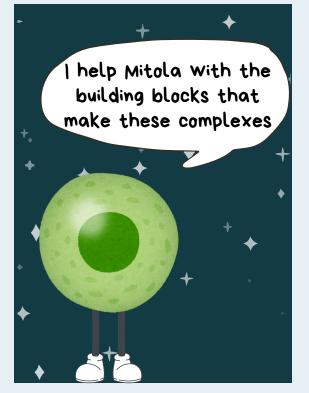




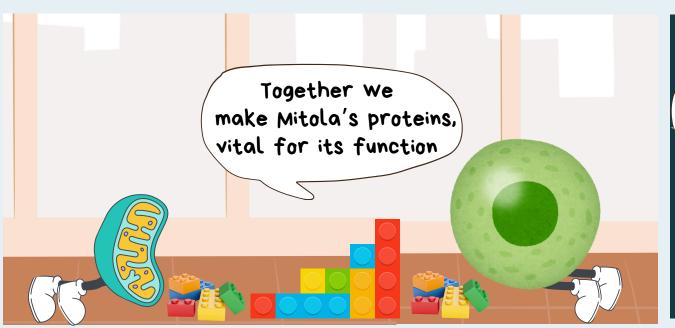


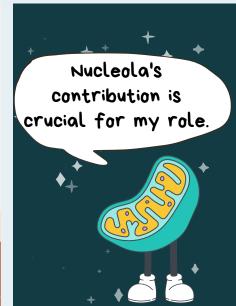


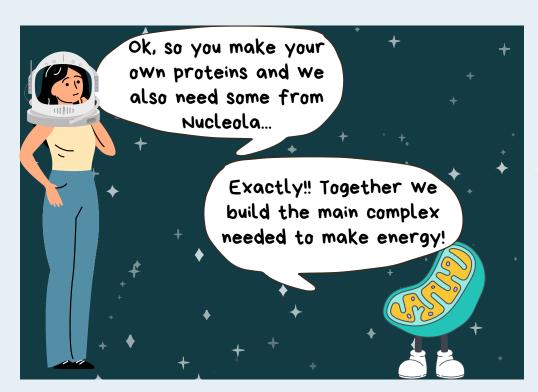


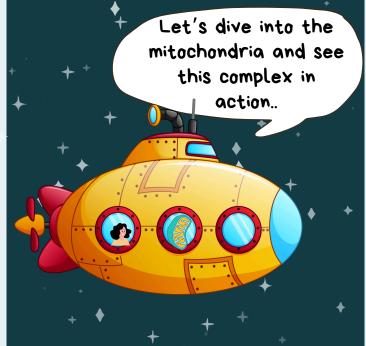


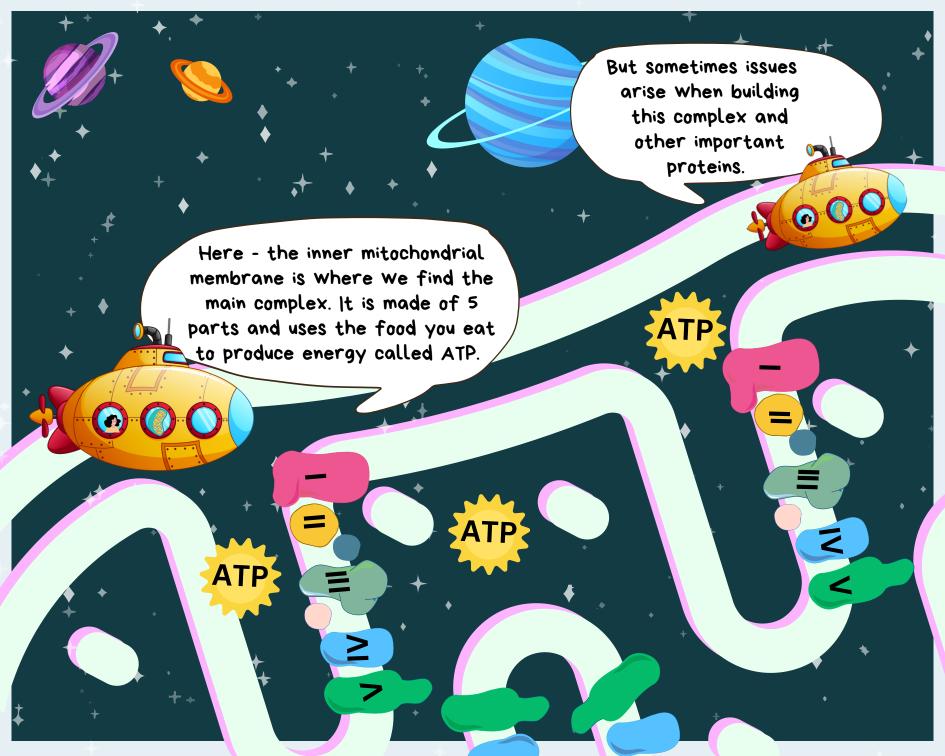




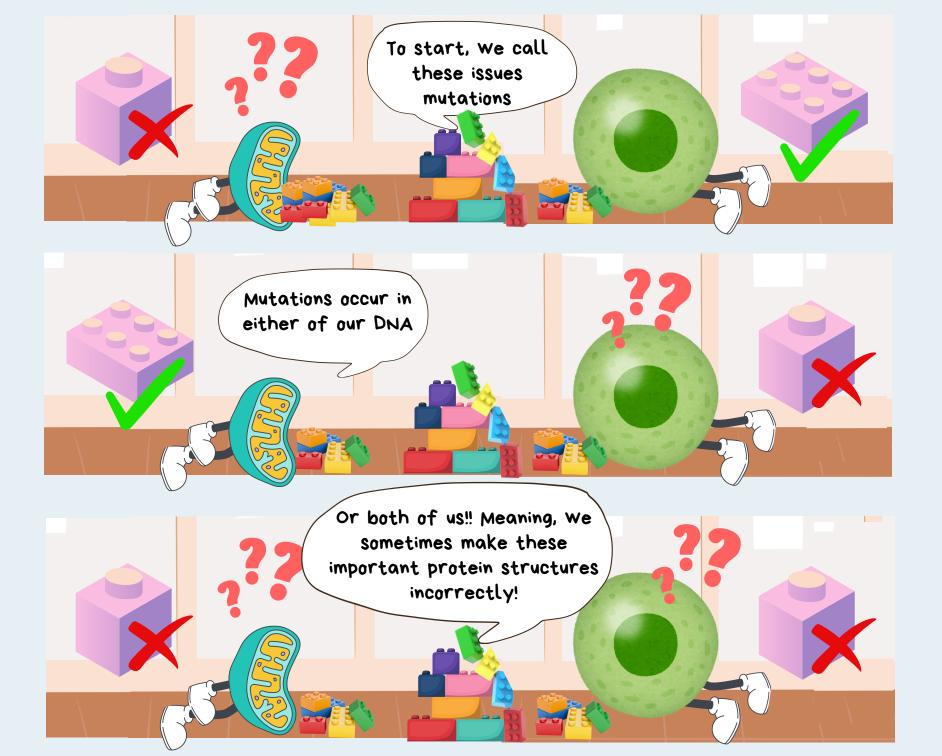






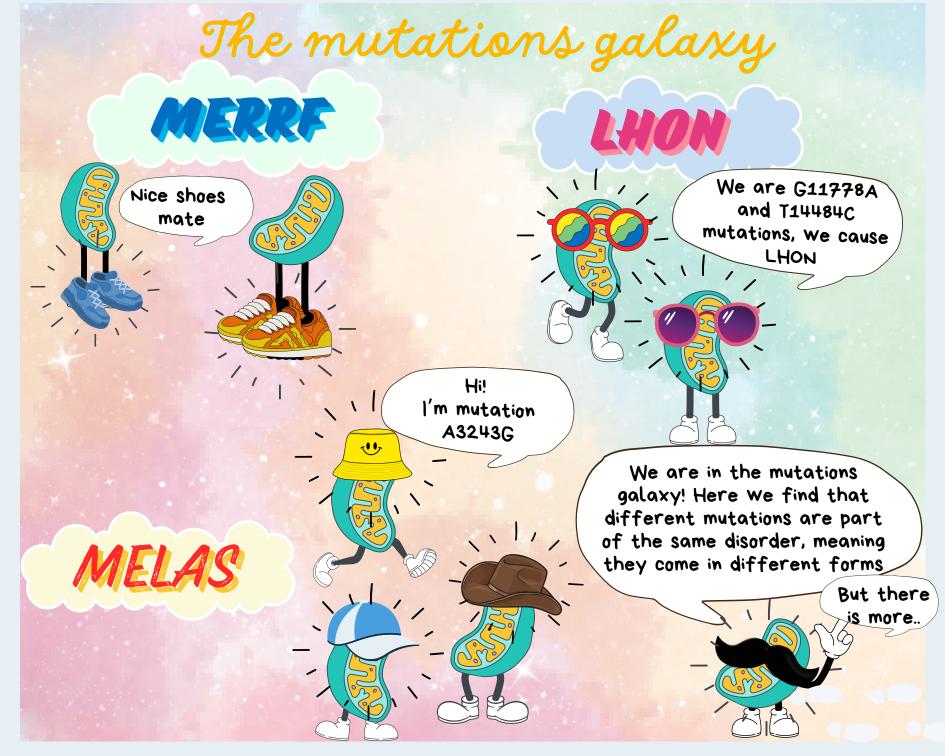






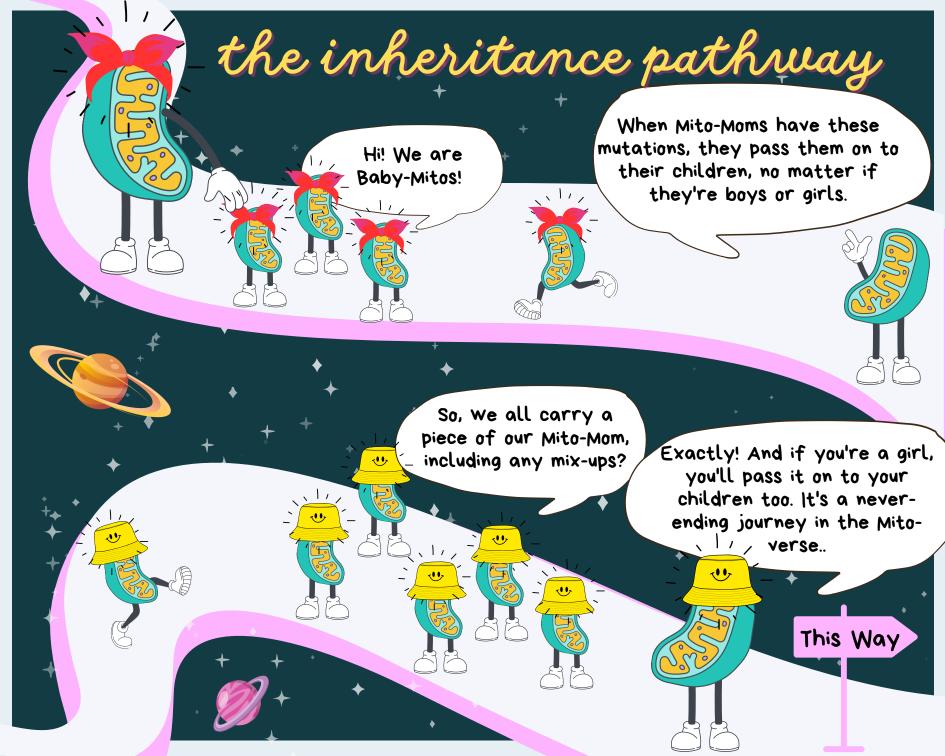


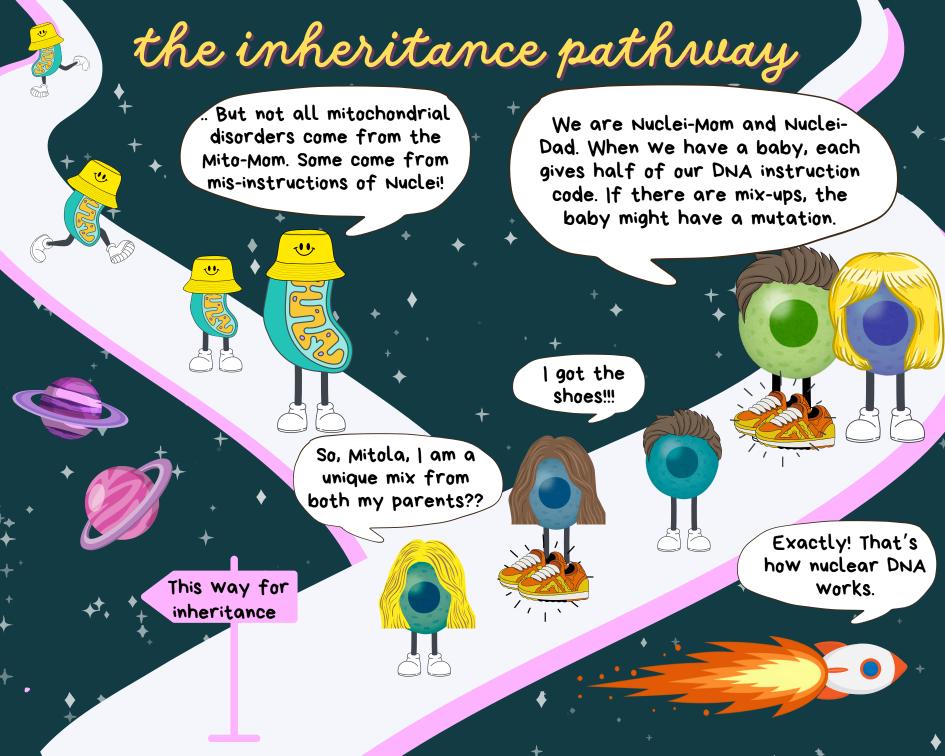






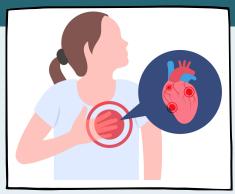








Common Mitochondrial Disease Symptoms



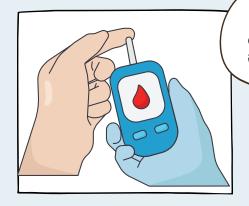
Heart Problems (Cardiomyopathy, irregular heart beat)



Muscle weakness, fatigue and cramps



Neurological issues (seizures, learning dificulties)



Diabetes



Hearing and vision loss

Mitochondrial diseases vary by patient but share common symptoms across different mutations. New symptoms are continually discovered since these diseases impact multiple organs and systems!

Scan QR code and learn more



Helpful Resources

Organizations and Foundations

- United Mitochondrial Disease Foundation (UMDF) (https://www.umdf.org) provides support, education, and research funding for mitochondrial diseases.
- **MitoAction** (https://www.mitoaction.org) offers resources for patients, families, and professionals, including support groups and educational materials.
- The Lily Foundation
 (https://www.thelilyfoundation.org.uk) UK's leading mitochondrial disease charity, providing support and funding research.

Medical and Research Institutions

- The National Institutes of Health (NIH)
 (https://www.nih.gov) offers detailed information and research updates on mitochondrial diseases.
- The National Organization for Rare Disorders (NORD)
 (https://rarediseases.org) provides comprehensive information about rare diseases, including mitochondrial disorders.

Support and Community

- Mito Families! Facebook Group: Search for "Mito Families!" is a community for families affected by mitochondrial diseases to share experiences and support.
- Mito Matters UK <u>Mitochondrial Disease Support</u>
 <u>Group</u>
 (https://www.facebook.com/groups/mitomattersuk/)

(https://www.facebook.com/groups/mitomattersuk/) is a UK-based support for patients worldwide, with all types of mitochondrial disease.

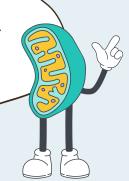
Educational Resources

- Mito University by United Mitochondrial Disease Foundation (UMDF) (https://www.umdf.org/mito-university) offers a collection of on-demand videos covering common questions and topics about mitochondrial diseases
- The Neuromuscular Disease Center at Washington University
 (https://neuromuscular.wustl.edu/mitosyn.html)
 provides detailed information on various
 mitochondrial and neuromuscular diseases.

Books and Publications

- "Living Well with Mitochondrial Disease: A Handbook for Patients, Parents, and Families" by Cristy Balcells
- "Mitochondrial Medicine: A Practical Approach for Primary Care Physicians" edited by Salvatore DiMauro and Michio Hirano

These resources can provide valuable information, support, and community connections for patients, families, and anyone interested in mitochondrial diseases.





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Visit our Website to learn more:

mitgest.eu



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mitochondrial DNA maintenance and gene expression. Coordinated by the International Institute of Molecular Mechanisms and Machines, it unites experts to advance mitochondrial biology and develop treatments for related diseases. The program also **trains 11 doctoral candidates** in this field.





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