

SPRING 2022

MitoNews

Ensuring **all lives** are powered by
healthy mitochondria



Energizing Lives!

mito**canada**

Greetings!!

It's time to welcome sunny days, full of energy and opportunities. Here at MitoCanada, we are working hard everyday to create a world where all lives are powered by healthy mitochondria.

Thank you for your support which allows us to advance mito education, awareness, advocacy, and research. Please read on to learn more about how we are doing more than ever to support our MitoCommunity.

Spring Education Series

Learn on-line at our free webseminars



This spring we are bringing you a series of on-line education sessions.

Each session is FREE but you must register to attend.

Please explore the highlights and register below.

Understanding Clinical Trials *from the Patient's Perspective* April 23

Dr. Aneal Khan explains in simple terms what clinical trials are and why they are important. He outlines the benefits and risks of participating, suggests questions participants should ask in order to make an informed decision, dispels common myths, and answers your questions in this live presentation.

Register Now and then join us on Saturday, April 23, 2022 at 3 pm EST.

Could it be LC-FAOD? April 26

Dr. Shailly Jain helps patients and caregivers have an informed conversation with their healthcare team about LC-FAOD (long-chain fatty acid oxidation disorder). Whether you are living with LC-FAOD, have a child with the disorder, or suspect you may have it but are not yet diagnosed, Dr. Jain will explain what LC-FAOD is, how a diagnosis is made, explore treatment options, and review strategies for maximizing quality of life.

Register Now and then join us on Tuesday, April 26, 2022 at 12 noon pm EST.

Exercise as Medicine for Your Mitochondrial Health

We all know that exercise is good for us but did you know that this is especially true for mito patients? Activity increases the production of mitochondria and can improve quality of life. This session has been created specifically for people living with mito. We will explore types of exercise, what to keep in mind when starting to exercise, how to manage exercise after setbacks, do's and don'ts for mito patients, and how exercise improves overall health. Date and time are still being finalized but if you're interested, please

Reserve your spot now.

Date and time will be emailed to you soon.



New Animation Launch with Dr. T

explaining how exercise influences mitochondrial, and overall, health will be a fun feature of this session.



MitoScholars

Empowering youth living with mitochondrial disease to focus on their futures.



MitoCanada believes in bright futures

and we want to help students living with mitochondrial disease pursue the education, and ultimately the careers, they dream of. MitoScholars, our new scholarship program, has been created to help mito students overcome any barriers they may face in the academic setting, while managing their condition.

We will be awarding up to four **\$5,000 scholarships** to Canadian MitoStudents pursuing a post-secondary education at a publicly-funded Canadian trades school, college or university. This is your opportunity to energize your future.

Apply to be a MitoScholar today. [Click here for details.](#)

MitoCanada
Patient Contact Registry

Deepening Understanding.



Knowing as much about a disease as possible helps everyone. When we share information and experiences, we support opportunities for new treatment development and more effective strategies for living with mito.

MitoCanada recently introduced its **Patient Contact Registry**, a secure database where patients and caregivers can share what it's like to live with mito. The information we collect remains confidential but will help improve care, connect participants to research opportunities and clinical trials, inform resources, and strengthen advocacy efforts.

[Click here to learn more about & join our Patient Contact Registry.](#)

mitoCanada Energizing Lives

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Why Mitochondria Matter

MitoCanada is dedicated to creating a world where all lives are powered by healthy mitochondria. Protecting and enhancing human energy is at the core of everything we do.

[LEARN MORE »](#)



New Website Coming in May

MitoCanada is dedicated to supporting our MitoCommunity. We do this through many channels -- educational resources and events, networking with like organizations, social media, and our website. Over the past year, we've been building new resources to help you navigate your MitoJourney. We're excited to share that we're designing and populating a new, comprehensive and easy-to-navigate website for you. Watch for more details coming soon!



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