

## How do I know if I may have a mitochondrial disease?

Mitochondrial disease is a group of disorders caused by dysfunctional mitochondria. It can affect anyone at any time and the consequences may be devastating. Because the mitochondria provide our cells with the energy they need to function, when they fail, we suffer.

## Are you at risk? Take the MitoTest now.

MitoCanada exists to help transform the outlook for people with mitochondrial disease. We are committed to helping those who live with the disease experience the best possible quality of life. MitoCanada estimates that over 220,000 Canadians suffer from mitochondrial disease – most do not know. Care can only begin when you have answers and that requires a proper diagnosis.

## Read through the list of symptoms below now and check off all that apply.

### Brain

- Developmental delays
- Intellectual disability
- Dementia
- Seizures
- Neuro-psychiatric disturbances
- Atypical cerebral palsy Migraines
- Strokes
- Autistic Features

### Nerves

- Weakness (may be intermittent)
- Dysautonomia – temperature issues from too little or too much sweating
- Absent reflexes
- Fainting/dysautonomic problems
- Neuropathic pain
- Tremors

### Muscles

- Weakness
- Hypotonia (poor muscle tone)
- Cramping
- Muscle pain

### Gastrointestinal problems

- Gastroesophageal reflux (GERD)/ acid reflux
- Dysmotility
- Diarrhea or Constipation
- Irritable bowel syndrome (IBS)
- Pseudo-obstruction

### Kidneys

- Renal tubular acidosis or wasting

### Heart

- Cardiac conduction defects
- Cardiomyopathy

### Liver

- Hypoglycemia (low blood sugar)
- Liver failure

### Eyes & Ears

- Visual loss and blindness
- Hearing loss and deafness
- Ptosis (droopy eye lids)
- Acquired strabismus
- Ophthalmoplegia (reduced eye movement)
- Retinitis pigmentosa
- Optic atrophy

### Pancreas & Other Glands

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

### Systemic

- Failure to gain weight
- Short stature
- Fatigue
- Respiratory problems
- Unexplained vomiting
- Ataxia (poor balance)

**If you or someone you love has check marks in 3 or more groupings**, print out the results of this test and share them with your healthcare professional at your next appointment.

**Please remember** that the test is not intended to replace or substitute the advice of a physician. Only a qualified healthcare professional can determine whether or not you may have mitochondrial disease. Your physician is the best source of information regarding your health.

