

# mitoFacts

## mitoFact #1

**True or False:** 1 in 4000 people are predicted to have a primary mitochondrial disease?



**True!**

## mitoFact #2

What percentage of our body's energy is made by mitochondria?

**90%**

## mitoFact #3

What are mitochondria?



**The powerhouse of the cell, where energy is made!**

## mitoFact #4

**True or False:** Mitochondrial disease can only be diagnosed in children.



**False!**

*Mito can be diagnosed at any age!*

# MitoCanada is Energizing Lives!

MitoCanada brings together Canadians impacted by mitochondrial disease by providing education, support, research, and opportunities for connection.

## MitoCanada:

- develops education and support programs
- raises public and healthcare awareness for Canadians living with, or at risk of developing, mito and,
- invests in patient-focused, transformational research

## Discover the power of mitochondria.

Scan the QR code to discover how MitoCanada is supporting Canadians living with mito and working toward a future powered by healthy mitochondria.

**Visit us online to learn more and get involved!**

