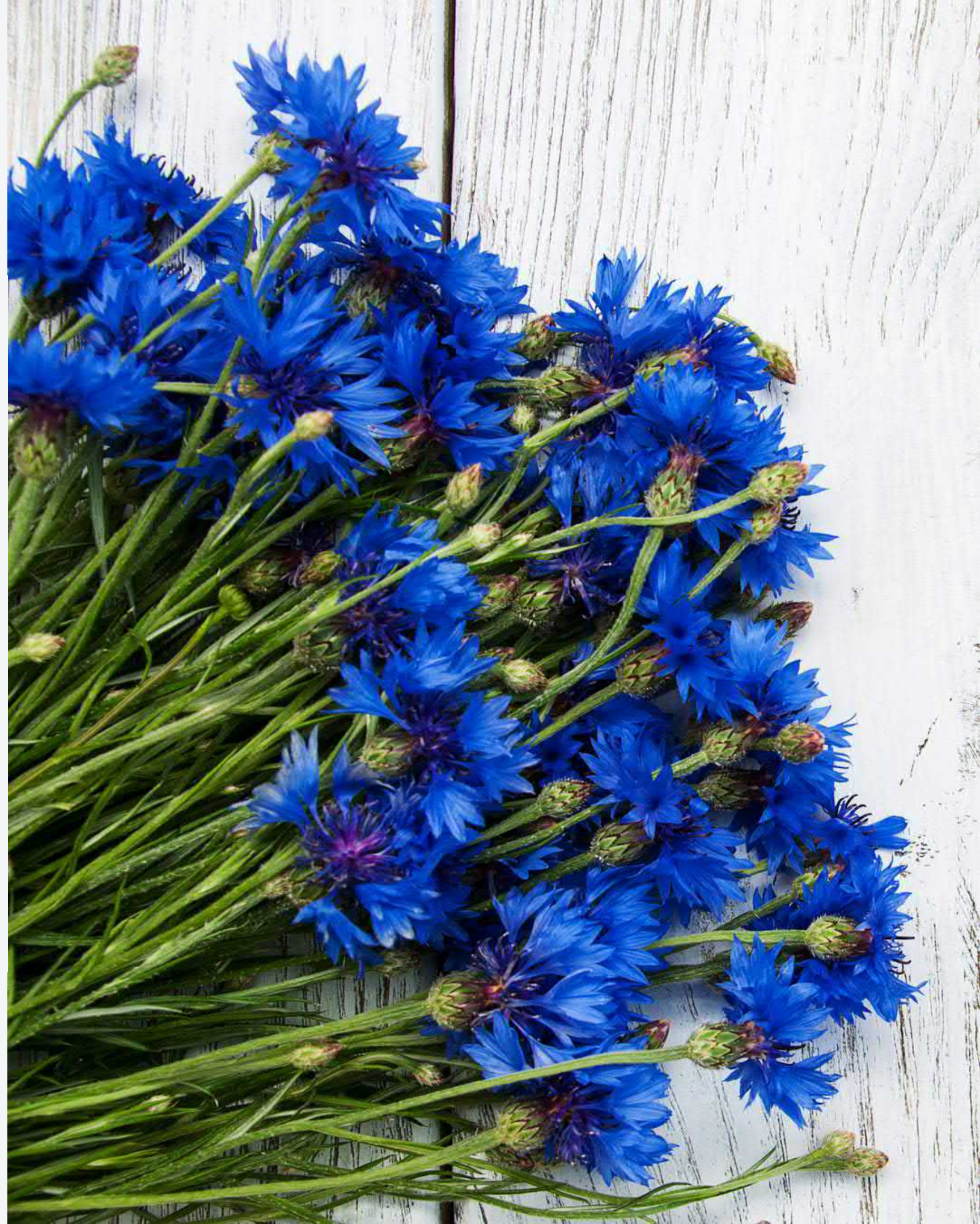


Information for new participants and their families





Agenda

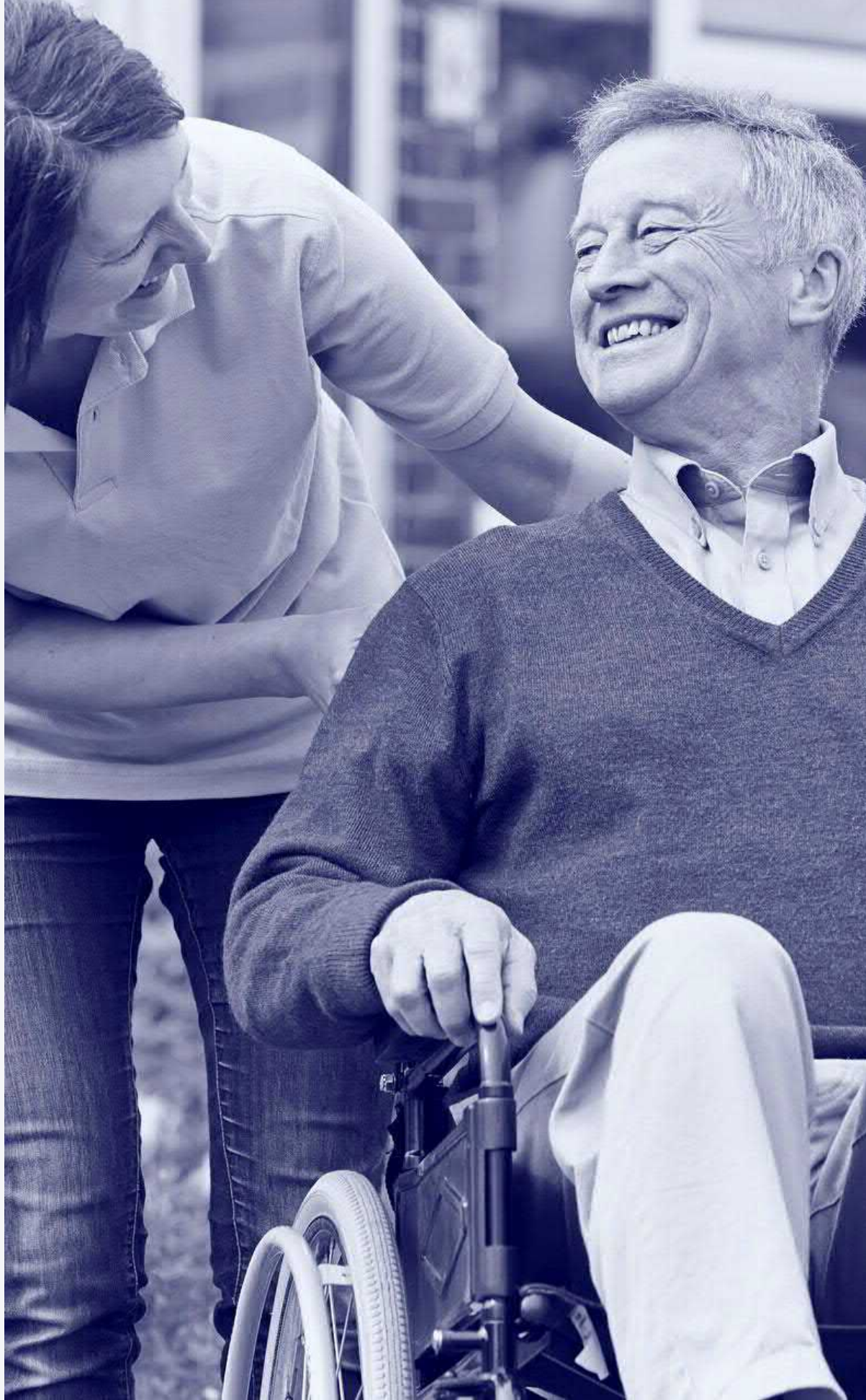
- The role of MND NSW in supporting people living with MND and their families.
- Brief overview of MND and current thinking as to its causes.
- Multi-disciplinary approaches to care
- Mostly, we want to spend our time answering your questions

About MND NSW

- Small not for profit organisation est. 1981
- Work towards better lives for people with MND and their families
- Receive only 11% funding from NSW government
- Funded mainly by the generosity of our community



HERE TO SUPPORT YOU.



*We've got
your back*

What is MND?

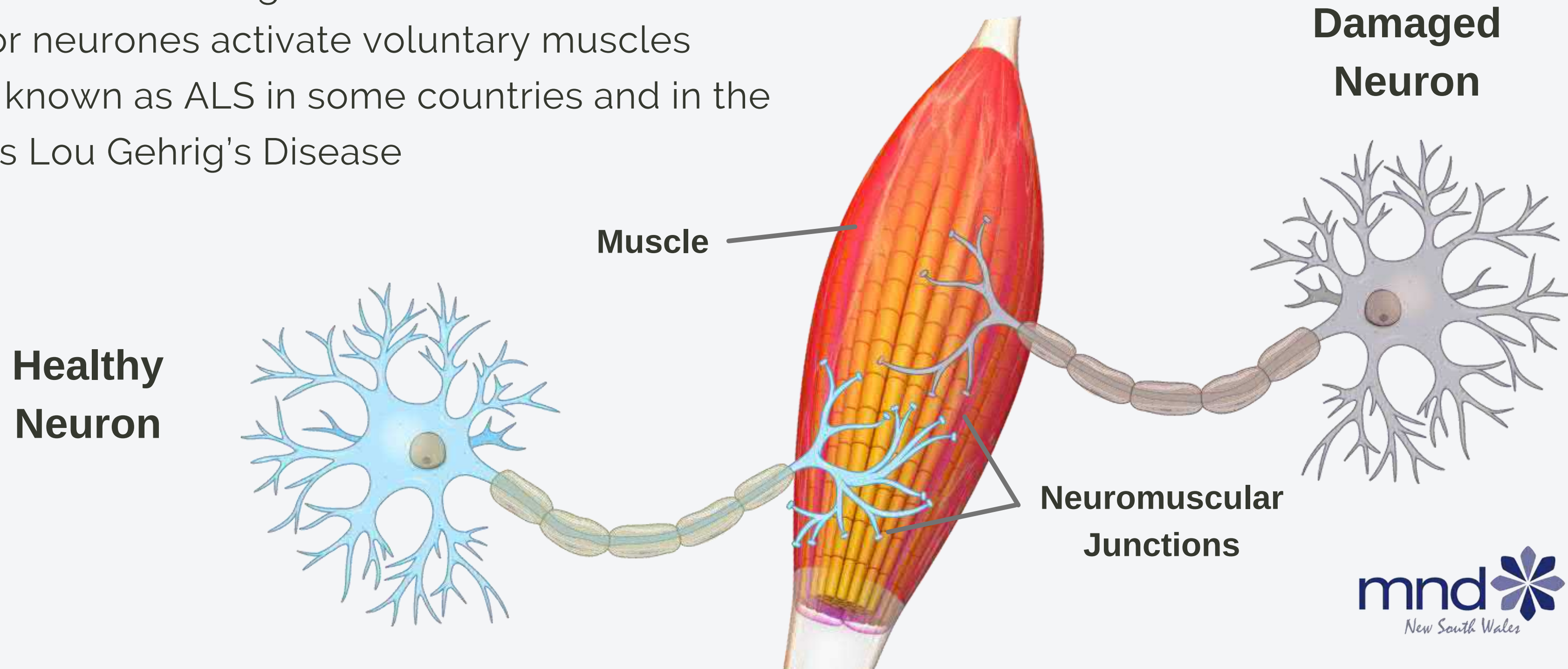
You can watch videos on our **YouTube** page which include:

- **What is MND?** – an introductory short video
- **Ask the Experts** – a series of videos from health professionals answering questions on MND
- **Living Well with MND** – a series of videos on how to manage symptoms and to live well with MND

[Motor Neurone Disease NSW – YouTube](#)

What is Motor Neurone Disease (MND)?

- Progressive neurological disease
- Motor neurones degenerate
- Motor neurones activate voluntary muscles
- Also known as ALS in some countries and in the US as Lou Gehrig's Disease



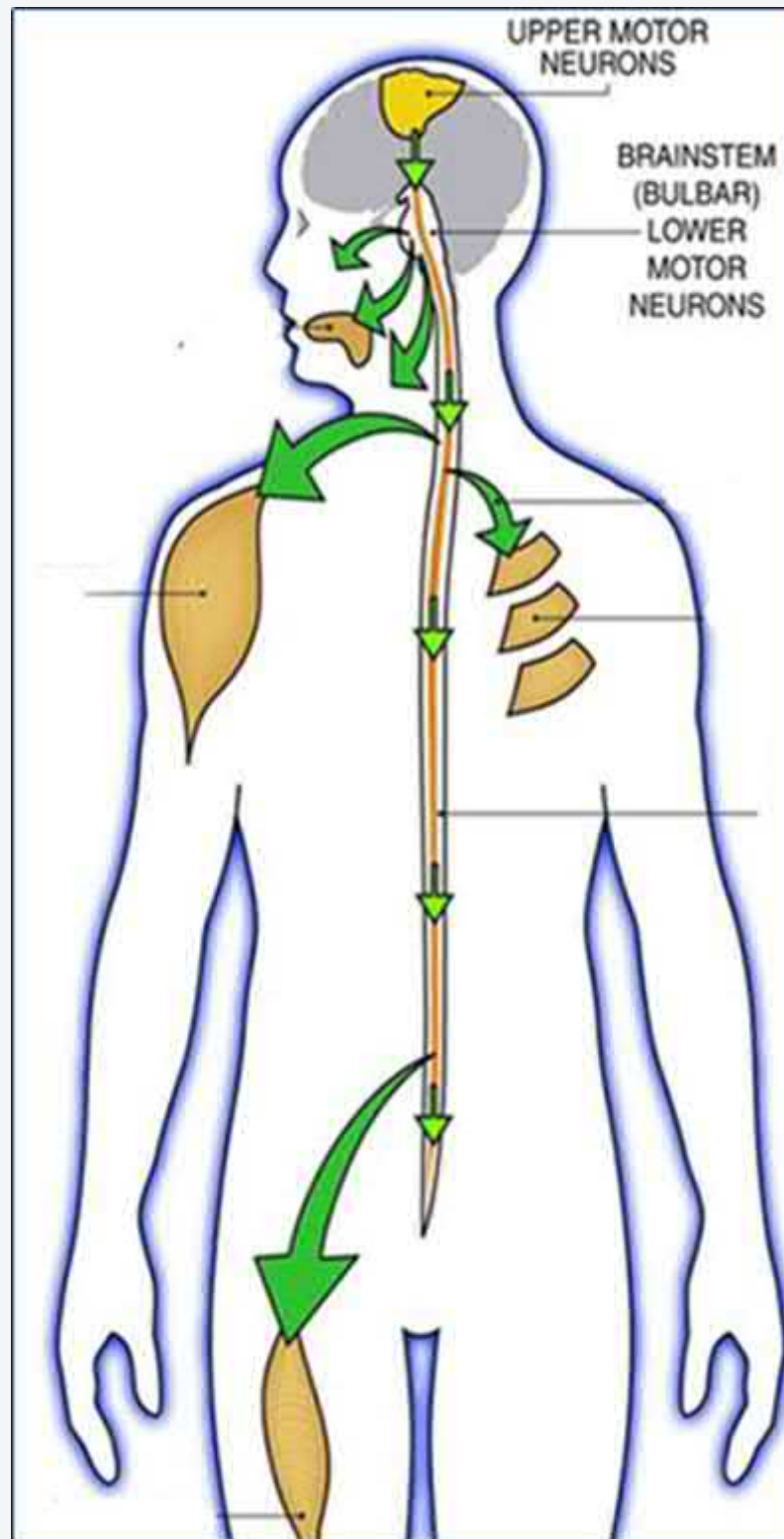
Types of motor neurones

Upper motor neurones (UMN)

- From the motor cortex (area of the brain)
- Connect with LMN

Loss in this area leads to

- Muscle weakness
- Spasticity
- Emotional Lability



Lower motor neurones (LMN)

- Are located in the spinal cord (anterior horn cells)
- Take messages to muscles

Loss in this area leads to

- Weakness and atrophy
- Fasciculations

Possible Causes



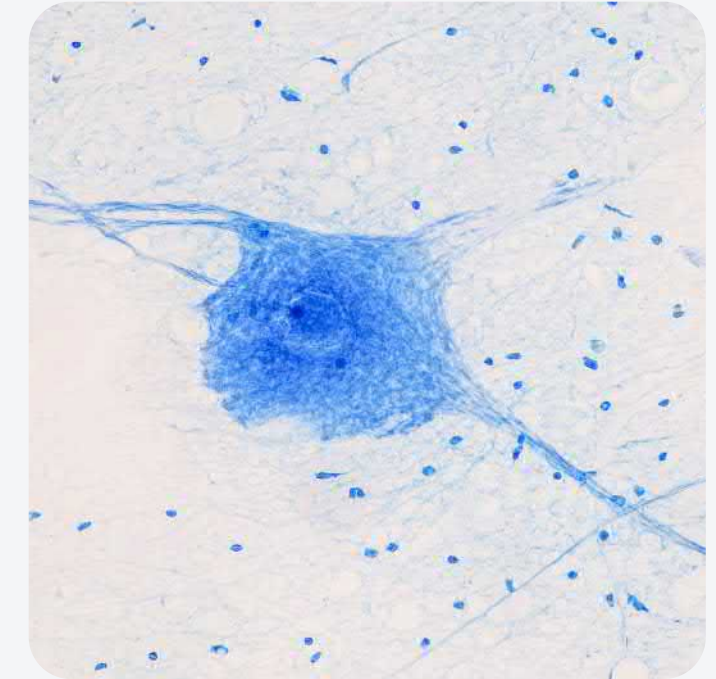
Environmental

Chemicals
Toxins
Lifestyle/Environmental factors
Diet



Genetic

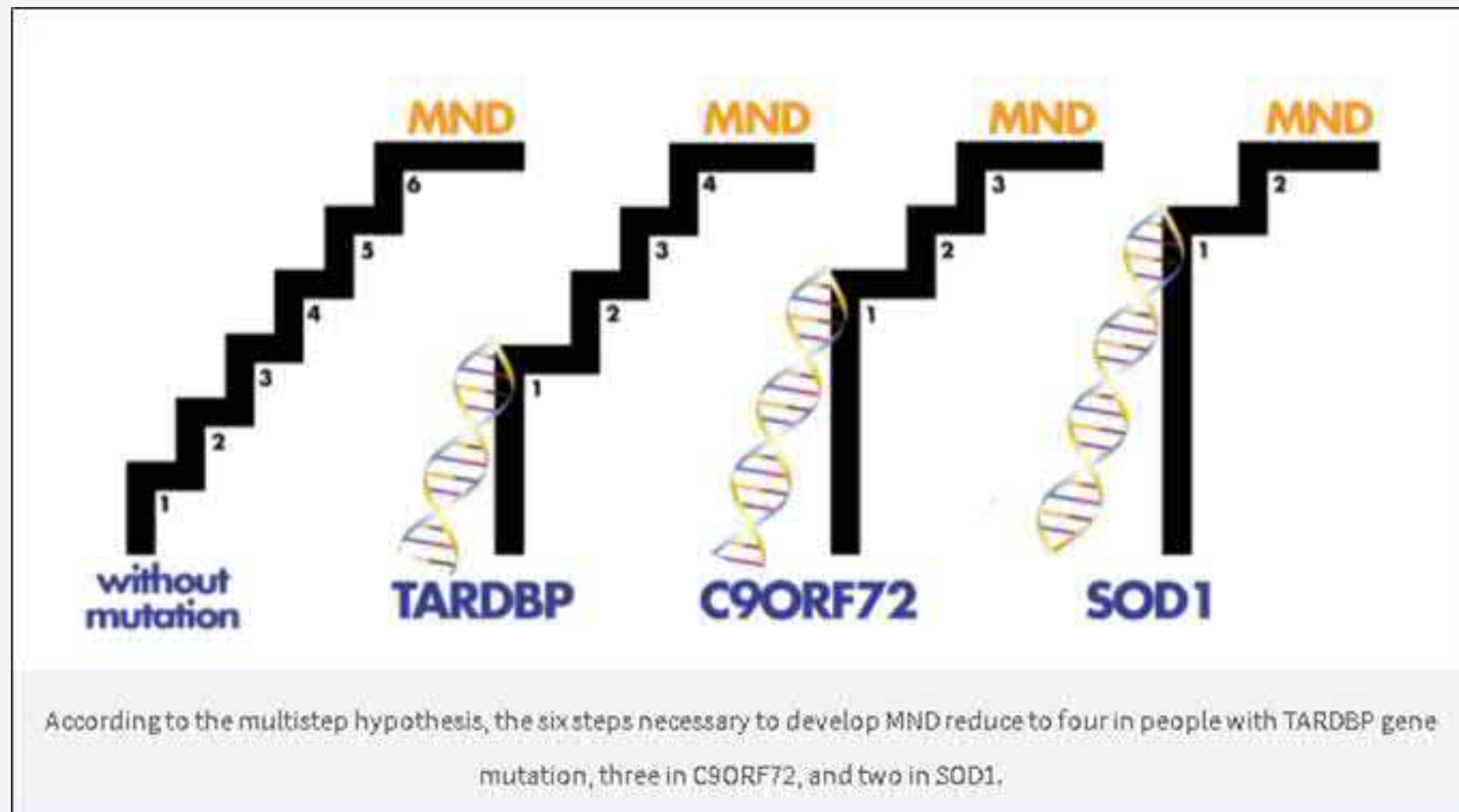
30+ genetic mutations
C9ORF72 (40%)
SOD1 (20%)



Cellular Changes

Premature ageing of motor neurons
Viral triggers
Autoimmune response

A Multistep Hypothesis



[Source: Steps to understanding MND - MND Research Blog](#)

Supportive Interventions



**Multidisciplinary
Care**



Nutritional care

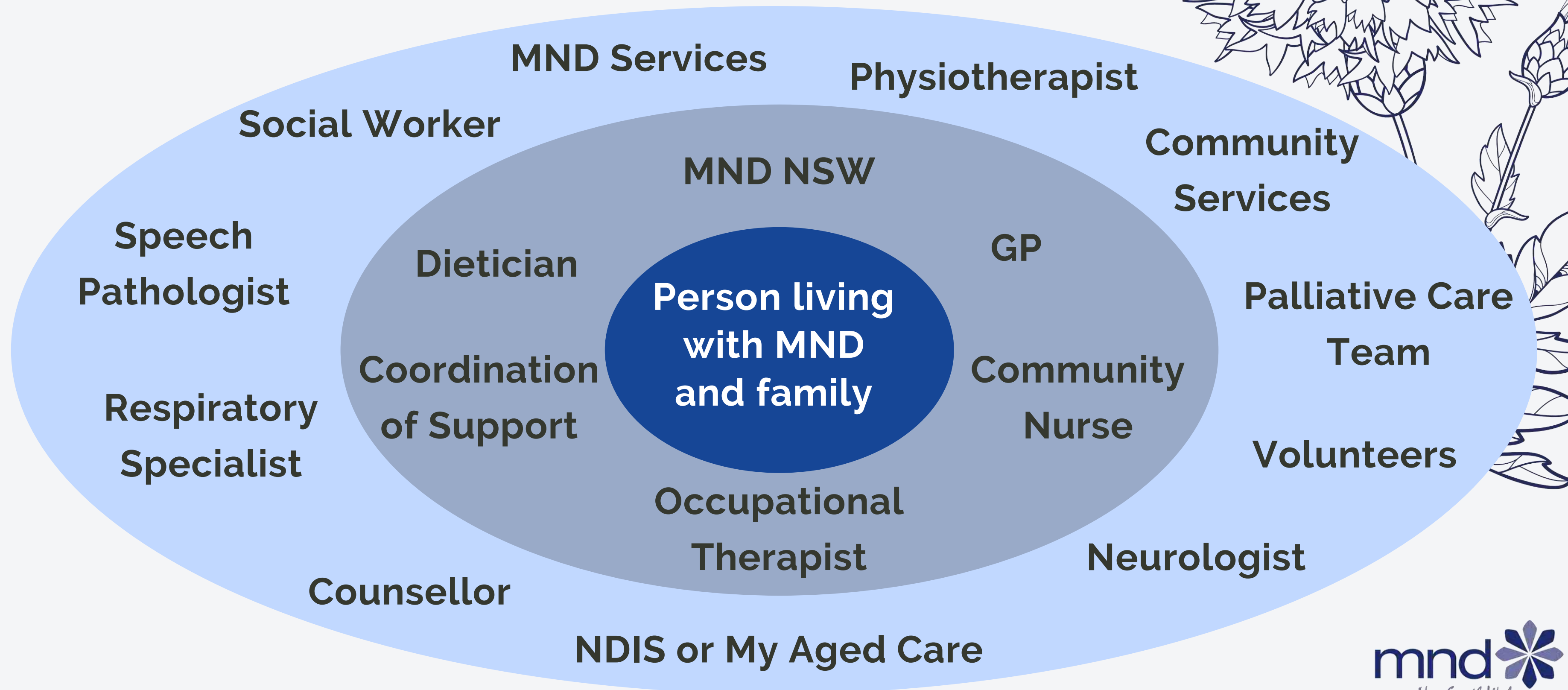


Respiratory Care



Riluzole

Multidisciplinary Care





*How do we
support
you?*

Support through MND NSW

- MND Advocacy
- MND Advisor
- MND FlexEquip
- MND Information Line
- MND Education
- MND Carer Support
- MND Support Groups
- NDIS Coordination of Supports



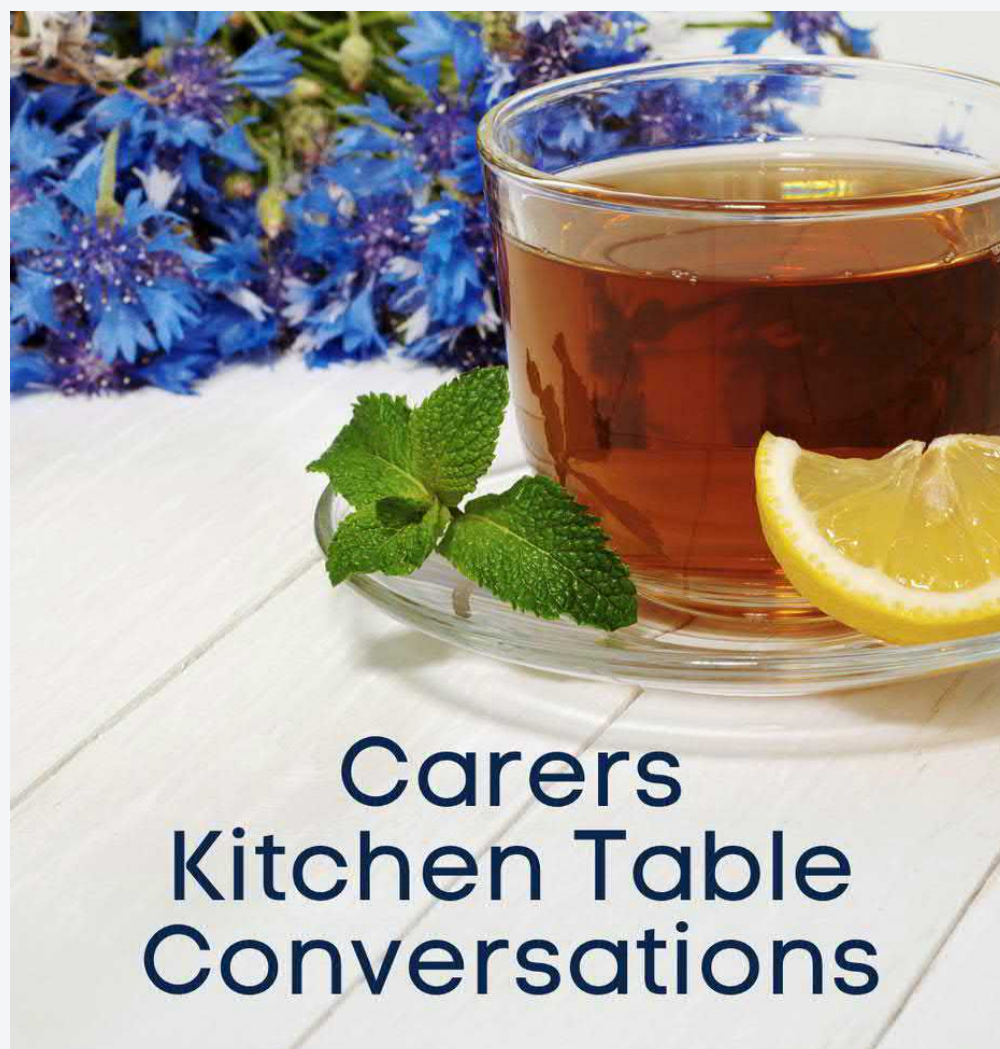
What We Do

To find out more about our services: [What We Do](#)

To find out more about our upcoming events and support groups: [All Events](#)



Support Groups



Carers Kitchen Table Conversations

Carers Groups

Two sessions monthly



Young Carers

Kids Packs



Education Forums

Living Well With MND

Link and Learn

Carers contact: **Natalie Caruana**

NatalieC@mndnsw.asn.au or 02 8877 0902



Resources

Information resources

(mndnsw.asn.au)

MND Information Line

The MND Info Line service is available for any questions you may have.

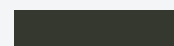


1800 777 175



infoline@mndnsw.asn.au

Monday to Friday - 9am to 4.30pm



Final Words

- MND is very different for every person diagnosed
- The needs of people living with MND are complex



More Information

Website

www.mndnsw.asn.au

Phone Number

1800 777 175

Email Address

infoline@mndnsw.asn.au



More Information

Facebook

[MND NSW | Facebook](#)

Instagram

[MND NSW \(@mnd.nsw\)](#)

[Instagram](#)

