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## Mitochondrial disease awareness week

From walks and runs, to enlightened discussions and landmarks, a multitude of activities are on tap around the world for Global Mitochondrial Disease Awareness Week, scheduled for September 15-21. Largely coordinated by International Mito Patients (IMP), a network of national patient organizations involved in mitochondrial diseases (mito), the third week of September is booked annually to increase the visibility of the complex group of disorders. Mitochondrial diseases primarily affect the brain, heart, liver, skeletal muscles and kidneys, but also target the endocrine and respiratory systems. It is estimated that 1 in 5,000 people have a type of mito disorder. A major IMP effort is Light Up for Mito, a campaign that involves illuminating landmarks in green - the official mito color - to raise awareness of the disease and spark conversation. Come September 14, more than 90 landmarks, including Leeds Castle in Broomfield, England, and the Old Courthouse Heritage Museum in Inverness, Florida, will be verdantly awash. To date, other participating countries are Spain, Austria, Northern Ireland, Australia and Italy. Landmark visitors are asked to take photos and share them on social media using the hashtag #lightupformito. In a related move, supporters around the world are asked to replace their standard porch light with a green light bulb, and share these photos on social media as well. In other efforts, Mito patients and their supporters around the UK will take a stand against Mito by setting up awareness stands in local communities. For its part, the United Mitochondrial Business Foundation organizes a series of Energy for Life Walkathons in the US. In Boston, on September 15, the non-profit mitoaction hosts an Energy Walk & 5K. Information days and events will take place in Canada, the Netherlands, Sweden, Italy and Australia - where there will also be a September 15 Stay in Bed Day fundraiser. In France, Mito patients are asked to make videos describing how they have overcome challenges. In Rome, on 20 September, there will be a discussion entitled Mitochondrial Diseases in Children, a puzzle in search of a solution. For disease researchers, a mitochondriasymposium, From bank to head, will be presented September 20 in Nijmegen, Netherlands. This will be followed the next day by a presentation for the parents of children with mito. Several Canadian cities, including Calgary, Alberta, and Ontario municipalities in Brampton, Kingston, Markham, Richmond Hill and Whitby, have officially proclaimed compliance with Awareness Week. The Non-profit MitoCanada Foundation is presenting a WalknRoll 4 Mito fundraiser on September 14 in Mississauga, Ontario. The next day, the foundation will host a discussion in Calgary entitled Mitochondrial Disease Journey and the Way Forward, which will also be broadcast Facebook. Go here and register. Also on September 15 will be the second annual Mito Ride Ottawa, an Ontario bike ride aimed at raising funds and raising awareness of the disease. Sept. September. 5K winnipeg Mito Walk-Run-Roll fundraiser for a family. For global participants, IMP provides resources that include a Facebook profile photo frame, Mito Quick Facts and a downloadable awareness week logo. For more information about international efforts or to register an event, visit this site or Facebook page. There are many interesting and informative activities organized around the world, says IMP on the site of the week of awareness. Each of these activities plays a vital role in raising awareness. « All EventsDuring the third week of September, the Mito community comes together to raise awareness for Mitochondrial Disease Awareness Week. Thousands of families face the reality of living with mitochondrial disease. During Awareness Week, MitoAction and Mito families do their part to educate others about mitochondrial disease. We believe that awareness is important throughout the year, but highlighting these problems during Mitochondrial Disease Awareness Week provides a time for people to come together and display the passion and power of those who work to improve the lives of those affected by Mito. Most people have never heard of mitochondrial disease. Once considered rare, it is now believed to affect 1 in 5,000 people, making it the second most commonly diagnosed, serious genetic disease after cystic fibrosis. Researchers found links between mitochondrial dysfunction and other conditions, including Alzheimer's disease, Parkinson's disease, diabetes, heart problems and some cancers. Scientists believe that by focusing on mitochondrial dysfunction, they may be able to develop effective treatments and potential cures for mito and help millions of people suffering from the aforementioned diseases. Looking back on a fantastic week! The World Mitochondrial Disease Awareness Week 2020, which took place from 13-19 September, showed some fantastic results. In the Light-Up-for-Mito campaign 173 monuments were asking for attention for Mito while it was lit in green; 173 landmarks from around the world! Over 40 events and special activities were recorded in the week of awareness and probably more than occurred. Various events of an informational, educational and fundraising nature. For those who want to know the specifics: A very special event was the Facebook awareness event for LHON patients and their families. This is still available on the IMP Facebook page. Presentations can be on Everything has been promoted and shared online, especially through social media. With many thanks to the mito community, which is so active, despite the difficult circumstances in the world this year. I understand that some of the fundraising events have financial suffering due to Covid-19 blockages. Although this will not solve all problems, but it certainly helps. If you plan to organize more activities to get support for research funding, you can use the Messages of Hope compilation video: World Mitochondrial Disease Week 2020 World Mitochondrial Disease Week increases awareness of mitochondrial diseases (mito) on a global scale through educational, fundraising and advocacy activities. Visit the site to learn more. Activities include the awareness campaign: Light Up for Mito, mass participation walking and running events, and Stay in Bed Day. Educational events are organised for medical professionals and patients around the world. Facebook provides a vital platform to raise awareness and share news about the events and activities taking place. September 19th We are delighted to be resonating the first LHON Awareness Day. It is hoped to raise awareness of Leber Hereditary Optic Neuropathy (LHON), a type of mitochondrial disease. We encourage the global LHON community to raise awareness of the local community and join the inaugural LHON event: One Condition, Many Stories. Please follow the event on Facebook Live on the IMP Facebook page on Saturday, 19 September 2020, between 19 September 2020. By working together we can focus the world's attention on Mito! However you raise awareness, thank you! Mitochondrial Disease Awareness Week is celebrated globally to educate and raise awareness about mitochondrial disease. Awareness week is celebrated annually in the third week of September. During this week, affected people, their families, friends, co-workers and colleagues join together to sponsor a variety of events to promote outreach and education about mitochondrial disease and the broader impact of mitochondrial dysfunction on human health. This year, Mitochondrial Disease Awareness Week will be held September 13-19, 2020 Around the Global World Mitochondrial Disease Awareness Week is marked with education, fundraising and advocacy efforts designed to raise awareness of mitochondrial disease (mito). Worldwide Global Mitochondrial Disease Awareness Week will be marked with education, fundraising and advocacy efforts designed to raise awareness of mitochondrial disease (mito). Mito is not as rare as could imagine. There are more than a few hundred variants of the disease, each with its own set of symptoms and challenges. Mito can affect any one at any time. It does not distinguish between age, race and sex. The world's leading mitochondrial disease foundations have collaborated on Global Mitochondrial Disease Awareness Week to raise awareness on a global scale. Scale. Scale.