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# Living Well with Mitochondrial Disease: A Handbook for Patients, Parents & Families

By Cristy Balcells

Woodbine House Inc., U.S. Paperback. Book Condition: new. BRAND NEW, Living Well with Mitochondrial Disease: A Handbook for Patients, Parents & Families, Cristy Balcells, This book helps to make sense of mitochondrial disease (Mito), an overwhelming and complex group of diagnoses that has grown exponentially in recent years. The most common metabolic disorder, thought to be more common than cystic fibrosis and broader-reaching than most genetic diseases, Mito can affect babies, children, and teens from birth or at any point during their development. Previously healthy adults, as well as adults with a history of unexplained fatigue, are increasingly receiving a Mito diagnosis. Some children with autism spectrum disorders who have medical issues such as digestive difficulties and fatigue are also being identified as having a mitochondrial disorder. This guide is the first book about Mito written for patients and their families. It takes readers from understanding how the mitochondria work (they are the powerhouse of the cell, providing energy for the entire body), how people with mitochondrial defects are diagnosed and treated, to how to live well when you, your child, or someone you love is struggling with disabling symptoms. Topics include: the journey to diagnosis; the biochemistry of Mito; practical...



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