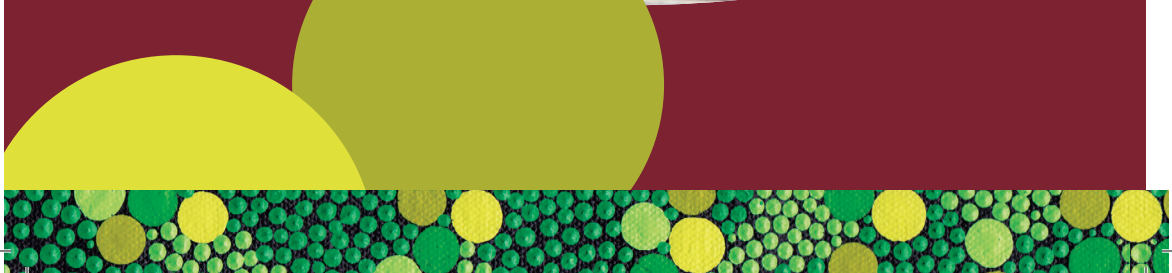




Motor Neurone Disease

MND Explained

mnd 
South Australia





what is **MND?**

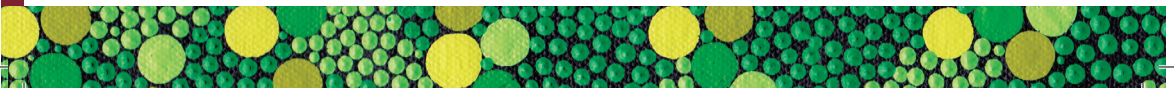
MND stands for **MOTOR NEURONE DISEASE**

Motor Neurones carry messages from your brain to your muscles.

MND affects these cells and makes your muscles weak, making it hard to move, eat and breathe.

Early signs include:

- Being weak
- Falling over
- Speaking problems





support is available

Currently there is no cure for MND. Symptoms get worse over time and it is life shortening.

MND can make it hard to:

- Hold things
- Walk
- Speak
- Swallow
- Breathe

Some people also think and behave differently.

Although there is no cure at the moment, there is a lot of support available to help manage the illness. This can help make each stage of the illness more comfortable.





How do I know if I have MND?

MND is hard to diagnose. You need to have multiple tests to check if it is MND or something different.

These tests are usually done in a hospital. Mostly this is a day visit but sometimes you may have to stay in hospital for a few days.

Tests may include:

- Clinical examination
- Blood tests
- Electromyography (EMG)

It can take
a long time
to diagnose
MND

- Nerve conduction test
- Transcranial magnetic stimulation
- Magnetic resonance imaging (MRI)

It can take a long time to diagnose MND. Your doctor will check how your symptoms are going over time and make sure it is not another disease making you unwell.



What causes MND?



They do not know what causes MND. It may be different things for different people.

It is usually a combination of the following:

- Being born with it (genetic)
- Where you live (environmental)
- How you live (lifestyle)

Why me?

Being told you have MND is very difficult.

You may feel:

- Shock
- Disbelief and denial
- Anger
- Sadness, depression and grief





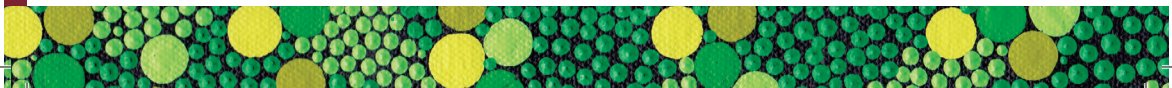
help is
available

Your feelings may also change as you face challenges in your illness. This is normal. It can take time to understand and accept what is happening to you. **Help is available.**

Reach out to your healthcare team and they can find the

right people with the skills to support you.

A MND support coordinator can also help.

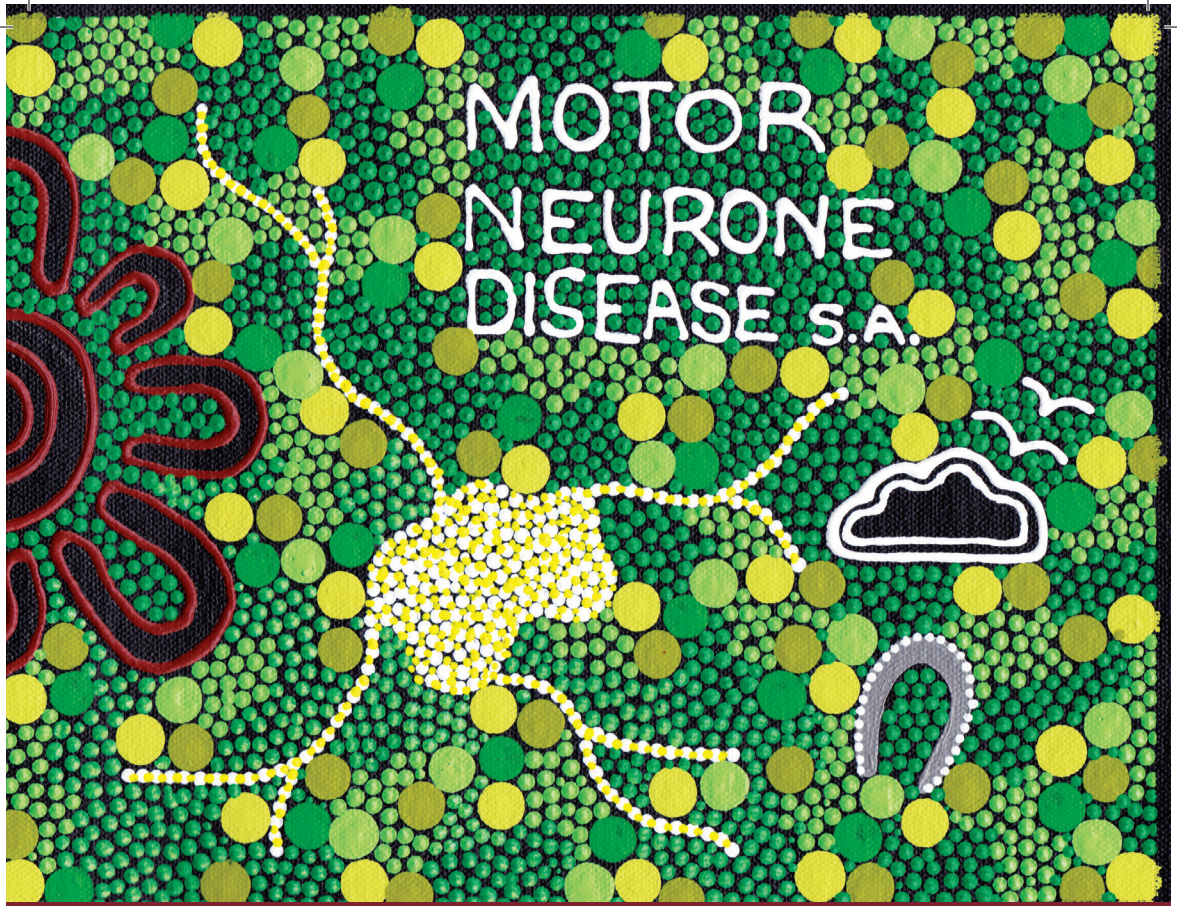




your
path

you

the
journey



the story behind the painting

With the background of the Motor Neurone cells, the person goes from being strong to weak, then being on country with family. They are being cared for as the sickness takes over and they are floating to the clouds. The colours represent country through the different greens.

Natalie Austin **the artist**

*"I learnt from my
mother, also an artist"*

Natalie Austin is an Antikjirita woman, from Coober Pedy in South Australia. Born in Port Augusta in 1964, Natalie has been painting for over 20 years.



your
**health-
care**
team

Where can I find the **information & support I need?**

Being diagnosed with MND can be overwhelming. You may have many questions and face some difficult challenges.

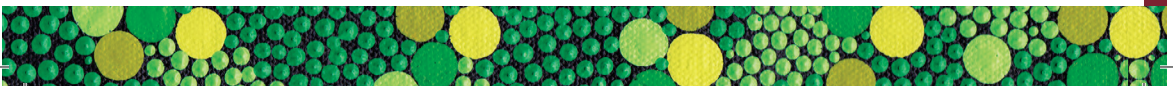
MND SA offers information about MND and the supports available to help you.

MND SA Support Coordinators specialise in Motor Neurone Disease and offer occupational

therapy, equipment, assistive technologies and home modifications.

They are available to meet with you and your family:

- in person at the Mile End office in Adelaide
- at your home
- by tele or video conference call





support
people

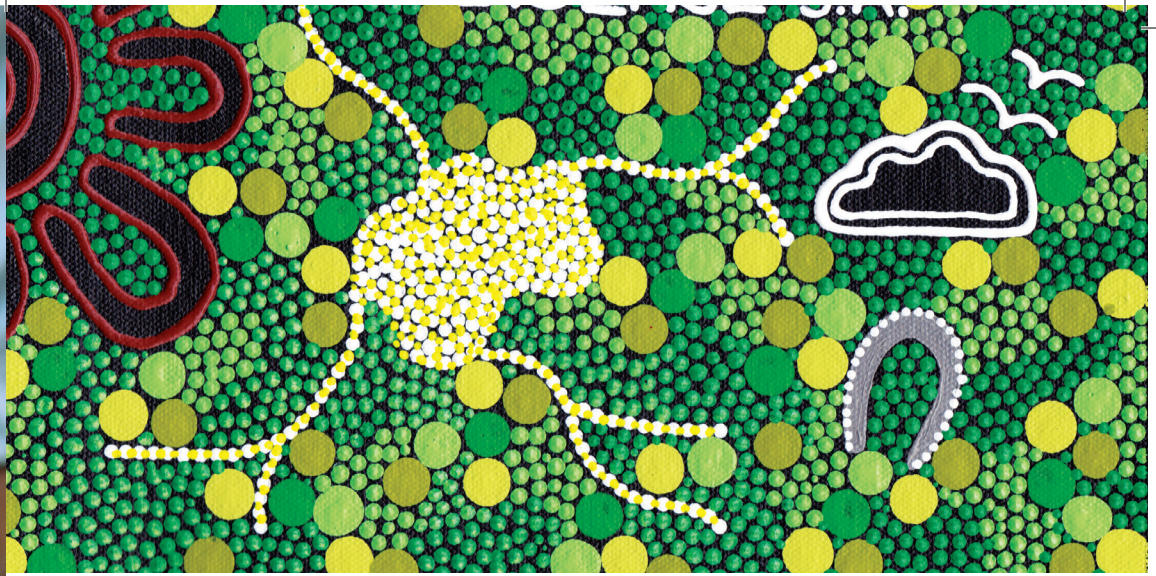




What now? **Living with MND**

The way we manage symptoms in the beginning is important. This can affect how the illness is managed as time goes on.

Talking with your healthcare team and MND Support Coordinator can help you to plan ahead.



Medications, treatments and interventions

There is only one medication used to treat MND directly. It is called Riluzole. However, you may also need to take other medication to help with your symptoms.

There are other treatments that can help bring you comfort and quality of life.

Talking about the different options that are available can help you make choices about your health journey.

Complementary therapies and traditional healers

It may be helpful to use traditional healers and complementary therapies alongside your formal medical care.

These therapies reduce emotional and physical stress. By providing comfort they can improve your quality life.

improve
your quality
of life



Wellbeing, acceptance and peace

People living with MND will have many concerns about how the illness will affect them over time.

MND affects life expectancy and there is no cure at the moment.

You may start thinking about the process of death and dying. Attitudes to death are very personal and are influenced by many things. Choice and control is important.

You are encouraged to talk about your fears and concerns. It is important to also talk about how you want

the latter stages of illness to be managed. This may include decisions about:

- nutrition
- ventilation
- resuscitation
- use of antibiotics

Considering who you want to be involved in your care and your preferred place of death may also be important.

Any decisions made about your end of life care should be clearly documented. This also needs to be shared with your healthcare and support team.





devoted to
improving
care

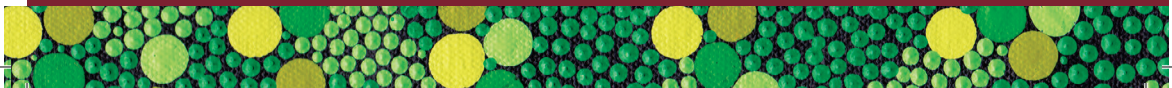
A personalised advance care directive is advised.

As your illness progresses you may feel different. You should have the opportunity to change your mind about your choices.

Coming to terms with the loss of a future is one of the

hardest things. Maintaining independence and choice through care and support is important. This may help you to accept what is happening to you.

Everything that is done is in the hope that we can positively impact the quality and length of your life.





The MND Association is devoted to improving care, research and campaigning across Australia. Our aim is to help people with MND, their carers and families receive the best possible support.

Motor Neurone Disease Association of South Australia Inc (MNDSA)

66 Hughes Street, Mile End SA 5031

PO Box 2087, Hilton Plaza SA 5033

PHONE: 08 8234 8448

FREE CALL: 1800 777 175

EMAIL: admin@mndsa.org.au

For guidance on living with MND
and our service visit our website:

www.mndsa.org.au

mnd 
South Australia