THE BLOODY LONG WALK
A 35km Challenge to Cure Mito

Mito Fast Facts

1. Mitochondrial disease (mito) is a genetic disorder that robs the body's cells of energy, often causing multiple organ dysfunction. There are no cures and few effective treatments.

2. Mito is a highly complex condition, which can cause any symptom in any organ at any age. No two cases of mito are the same.

3. Recent research shows 1 in 200 people, or more than 120,000 Australians, may carry genetic changes that put them at risk for developing mito.

4. Multiple tests may be required to diagnose mito, including genetic screening, muscle biopsies and brain scans.

5. Due to its genetic basis, mito often affects multiple family members.