

1/3 of **Neurology** patients and **9%** of **inpatients** are being treated for functional **neurological** symptoms.

What is FND?

FND is the result of functioning problems within the central nervous system. Its symptoms are thought to derive from the brain's inability to send and receive signals properly. The brain of a patient with Functional Neurological Disorder is structurally normal but functions incorrectly.

High-resolution-FMRI studies support that dysfunction is in the large-scale, right hemisphere of the brain.

Who Does It Affect?

FND can affect men, women, and children, though women are the most frequently diagnosed.

What is the Cause?

The cause of functional neurological disorders is considered to be multifactorial.

FND patients experience as much physical disability and distress as other neurological disorders.

Diagnosis and Treatment

The diagnosis of functional neurological disorders should be made on the basis of positive features on the examination, not on the absence of disease. Currently, the most successful treatment comes from retraining the brain in the form of physiotherapy and occupational therapy. Psychological therapy can also be a helpful tool for some FND patients. Medication can help alleviate some symptoms, but there are currently no quick fixes for FND.

Common Symptoms

FND can present with a variety of symptoms of apparent neurological origin but which current models struggle to explain psychologically or organically. Presentation may be similar to a wide range of other neurological conditions.

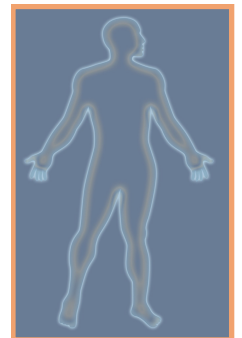
- Non-epileptic seizures
- Chronic pain
- Sensory changes
- Movement symptoms like functional dystonia
- Weakness or fatigue
- Paralysis
- Walking (gait) difficulties
- Cognitive changes, like memory

Healthy Living with FND

At fndhope.org, you will find information about FND, treatment options, and tips you can use now to manage your symptoms:

- nutrition
- exercise
- pain management
- sleep
- relaxation

It is important to balance your life into measurable & manageable activities on a daily basis.



Empowering Patients to Better Health