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**PRESS RELEASE**

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FOR IMMEDIATE RELEASE

**The Hidden World of FND**

*Spreading Awareness for an Invisible and Isolating Disorder*

On the 13<sup>th</sup> of April, FND Hope will be joining others around the world to raise awareness of Functional Neurological Disorder[FND], symptoms are thought to derive from the brain's inability to send and receive signals properly due to a dysfunction in the central nervous system.

'FND Beyond Borders' Awareness Day is an opportunity for patients to educate their local community, families, friends, and medical providers with the most current information and research. Patients and supporters will find a variety of activities, events and support materials at the Awareness Day page: <http://fndhope.org/fnd-awareness-day/>.

FND is a condition in which patients experience a broad range of neurological symptoms such as movement disorders and sensory symptoms. The brain of a patient with FND is structurally normal, but functions incorrectly. FND can be just as debilitating as Parkinson's and MS, yet consistent treatment plans do not exist.

**Functional Neurological Disorder:**

- Affects men, women and children, although women are more frequently diagnosed (neurosymptoms.org)
- High-resolution-fMRI studies support that dysfunction is in the large-scale, right hemisphere of the brain. (neurosymptoms.org)
- Patients do not have to be stressed, anxious or depressed or have experienced an adverse childhood trauma to get functional symptoms (neurosymptoms.org).

Functional symptoms are genuine, and potentially reversible; they are estimated to affect approximately  $\frac{1}{3}$  of neurology patients. This condition is highly stigmatized and misunderstood, which sets up difficulties for patients to access effective treatment.

The degree of success and recovery for FND patients includes treatment specific for functional symptoms. Physical therapy has the highest rate of success and works by retraining the brain. FND patients may also benefit from psychological therapies that assist in managing and coping with FND symptoms.

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**Bridget Mildon, President of FND Hope**, says “We are not only changing medical protocols; we are changing mind-sets. Antiquated Freudian theories have been allowed to prevail for over a 100 years. These harmful assumptions have led to a lack of care by many in the medical community. By changing perspective, you can change treatment and lives. Research in this field is desperately needed.”

FND Hope is a charity registered 501c3, dedicated to supporting FND patients in the community. FND Hope works with the medical community through a collaborative approach. They are changing how the world understands and defines functional symptoms. Their mission is to promote awareness, support affected individuals, and advance research. In doing this, they hope to empower patients to better health.

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