Empowering Patients to Better Health
www.fndhope.org

Mission Statement
Our mission is to promote awareness, support affected individuals, and advance research. In doing this we hope to empower those affected to achieve a higher quality of life.

We hope to provide comfort so that patients and caregivers will know that they are not alone in their journey to find relief. FND Hope advocates for all FND patients regardless of why they experience functional symptoms.

For more information on latest research and for tips on how to lead healthy and balanced lives go to www.fndhope.org.

You're not alone.

Chronic disability in FMD [FND] patients has been found to be comparable to patients with Parkinson’s Disease, with even greater distress in quality of life and mental health measures.¹


What is FND?
Functional disorders refer to bodily symptoms & disorders, which are genuine but not related to a defined disease process. The symptoms themselves exist at the interface between neurology and psychiatry. Finding positive features of FND on physical examination is of key importance in the diagnosis. A diagnosis should not be made by exclusion.
FUNCTIONAL NEUROLOGICAL DISORDER

FND provides an umbrella term for a variety of genuine neurological symptoms such as paralysis, movement disorder, sensory symptoms and seizures, which are caused by abnormal nervous system functioning but not structural disease. The symptoms may be similar to or may co-exist with a wide range of other conditions such as migraine, MS and epilepsy. FND is often just as physically disabling.

Common Symptoms
FND symptoms can present in a variety of ways. People may experience abnormal movements or a variety of other symptoms, which occur with NO conscious control. Symptoms include:

- Chronic Pain
- Cognitive Changes
- Fatigue
- Gait & Balance Problems
- Headaches and Migraines
- Involuntary Movements
- Paralysis and Weakness
- Seizures
- Sensory Changes
- Sleep Disturbances
- Speech Problems
- Bladder & Bowel Changes

Healthy Living
Go to fndhope.org to find information about FND, treatment options, diagnosis and tips you can try NOW to relieve your functional symptoms. You will also find in-depth advice from other patients on how to cope and balance daily life.

Or join a support group!

Support Groups
Many have found support by communicating with others who have a FND diagnosis. We have an active forum on Health Unlocked. We also have several FACEBOOK pages such as FND Hope Mind Body Soul, which focuses on positive coping skills.

It is important to balance your day in to measurable & manageable activities.

more information on diagnosis and treatment please visit our website fndhope.org