

1. What are mitochondria & what do they do?

2. How many mitochondria are in our cells?

4. What is mitochondrial disease (mito)?

5. Complete this sentence: Mitochondria are often called the cell's _____.

6. What are two major symptoms of mitochondrial disease?

7. Is there a cure for mitochondrial diseases?

8. True or False: mitochondrial disease is a childhood disease.

9. Who should people call if they want more information about mitochondrial disease?

10. True or False: mitochondrial disease is a genetic disorder.

11. How many people in Australia carry the genetic changes that could put them at risk of developing mito?

12. How many babies are born each year in Australia with mito?

13. Name the IVF technique that could save future babies from being born with mito, that the Mito Foundation has been working hard to legalise in Australia.

14. Why is mito so difficult to diagnose?

15. It is estimated that what percentage of Australians with mito have been diagnosed?

- 1. What are mitochondria & what do they do?**
Mitochondria are tiny structures found in almost every cell in our bodies. They convert the food we eat into the energy we need to survive and grow.
- 2. How many mitochondria are in our cells?**
1000-10,000 depending on which part of the body they are in.
- 4. What is mitochondrial disease (mito)?**
Mito is a debilitating genetic disorder that robs the body's cells of energy, causing multiple organ dysfunction or failure and potentially death. It is highly complex and takes many forms. Mitochondrial disease (mito) occurs when our mitochondria are not able to provide the energy our cells need to work properly. Without the right amount of energy, our cell's cannot do their job and they stop performing and start to die.
(any description along the lines of the above is correct)
- 5. Complete this sentence: Mitochondria are often called the cell's Powerhouse.**
- 6. What are two major symptoms of mitochondrial disease?**
Fatigue & muscle weakness.
- 7. Is there a cure for mitochondrial diseases?**
Not yet, but we're working on it.
- 8. True or False: mitochondrial disease is a childhood disease.**
False.
- 9. Who should people call if they want more information about mitochondrial disease?**
Accepted answers are GP and Mito Foundation.
- 10. True or False: mitochondrial disease is a genetic disorder.**
True.
- 11. How many people in Australia carry the genetic changes that could put them at risk of developing mito?**
1 in 200 or more than 120,000
- 12. How many babies are born each year in Australia with mito?**
More than 50

Mito Quiz - Answers

13. **Name the IVF technique that could save future babies from being born with mito, that the Mito Foundation has been working hard to legalise in Australia.**
Mitochondrial donation.
14. **Why is mito so difficult to diagnose?**
It can cause any symptom in any organ at any age.
It affects every person differently. Children and adults can have seizures, strokes, severe developmental delays, inability to walk, talk, see, digest food and a host of other complications.
15. **It is estimated that what percentage of Australians with mito have been diagnosed?**
10%