

# Raise a Glass for Awareness

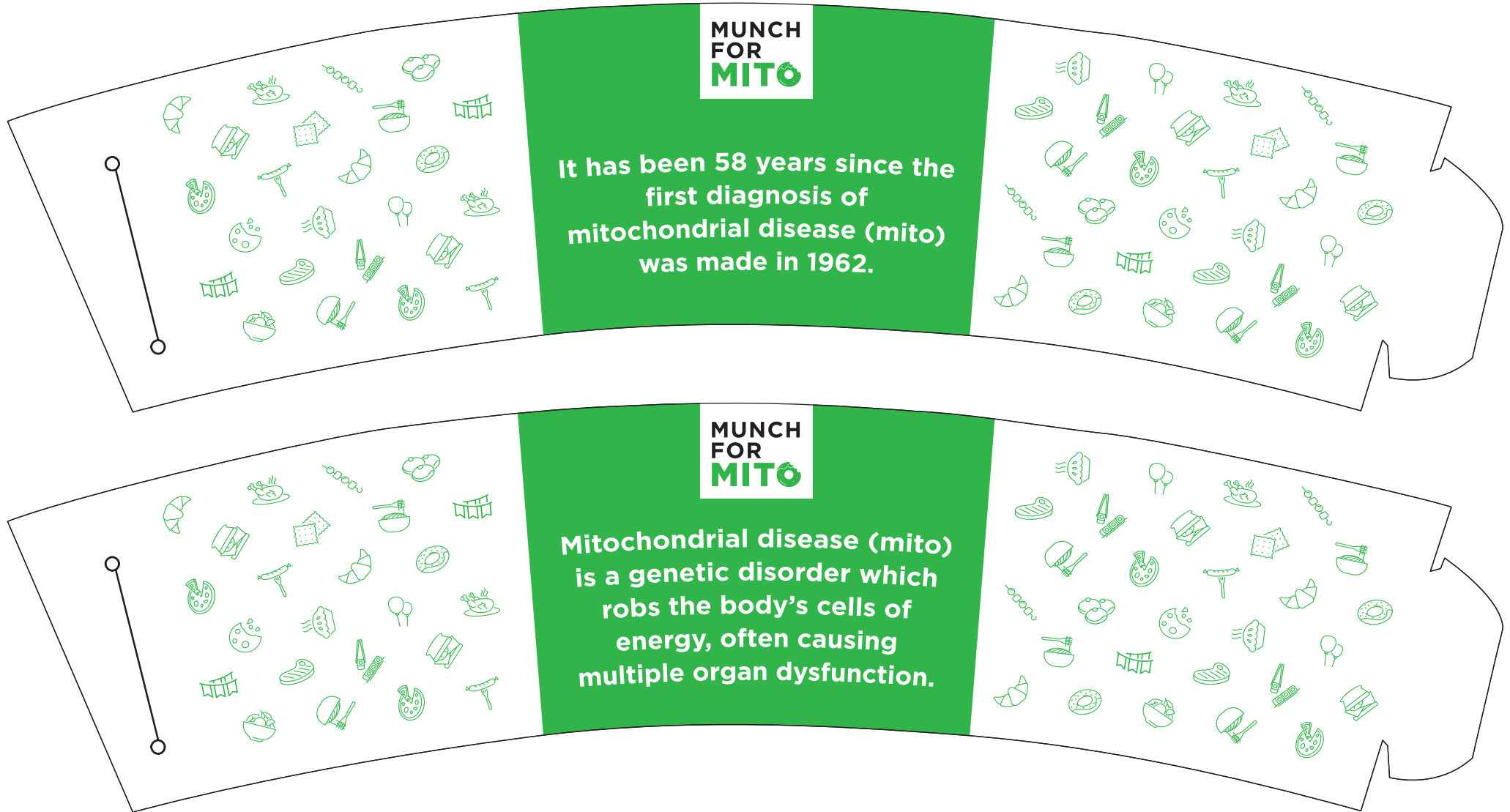
Encourage guests to share mito facts while they're catching up over a drink at your Munch for Mito event. Simply print, stick and apply these cup sleeves to your guest's glasses or cups and task them with sharing their individual mito facts with other guests.



It has been 58 years since the first diagnosis of mitochondrial disease (mito) was made in 1962.



Mitochondrial disease (mito) is a genetic disorder which robs the body's cells of energy, often causing multiple organ dysfunction.



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**1 in 200 people, or more than 120,000 Australians, may carry genetic changes that put them at risk of developing mitochondrial disease (mito).**



**1 in 5,000 children will be born with a severe or life-threatening form of mitochondrial disease (mito).**



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Everyone has mitochondria in their cells. They provide 90% of the energy needed to sustain life.



Mitochondrial disease (mito) can cause any symptom in any organ at any age.



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**Mitochondrial disease (mito) is the second most commonly diagnosed, serious genetic disease after cystic fibrosis.**



**One Australian child born each week will develop a severe or life-threatening form of mitochondrial disease (mito). That's over 50 each year.**



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**Mitochondrial disease is terminal; there are no cures and few effective treatments.**



**Due to the complexities of mitochondrial disease (mito) the diagnostic journey can be long and confusing. It is estimated that only 10% people with mito are diagnosed.**

