

Motor neurone disease (MND) is a rare condition that affects the nerves that control movement. Over time, the condition leads to weakness and wasting of muscles, making it difficult to move, speak, swallow and breathe.

The exact cause of MND is unknown, but it is thought to be due to a combination of genetic and environmental factors. There are several different types of MND, including amyotrophic lateral sclerosis (ALS), progressive bulbar palsy, primary lateral sclerosis, and progressive muscular atrophy.

Symptoms of MND include muscle weakness, stiffness, cramps, twitching, and wasting. As the condition progresses, it becomes more difficult to move, speak, swallow, and breathe. Other symptoms may include fatigue, weight loss, and difficulty sleeping.

There is no cure for MND, but there are treatments available that can help manage the symptoms and improve quality of life. Medications can be used to relieve muscle stiffness and reduce muscle twitching, while breathing aids can help with breathing difficulties. Riluzole is a medication that is often prescribed in ALS, it has been shown to modestly improve survival, time to requiring a wheelchair and time to requiring breathing support.

Physiotherapy and occupational therapy can also be helpful in maintaining mobility and independence.

It is important for people with MND to receive regular medical check-ups and to work closely with their multi-disciplinary team to manage the condition. In addition, regular foot care is important to prevent complications such as foot ulcers and infections.

Living with MND can be challenging, but with the right care and support, people with the condition can maintain a good quality of life for as long as possible.

Support groups and organisations can also provide valuable information and support for people with MND and their families. If you or a relative is affected by MND, further support can be obtained by reaching out to the [MND Association](#).