

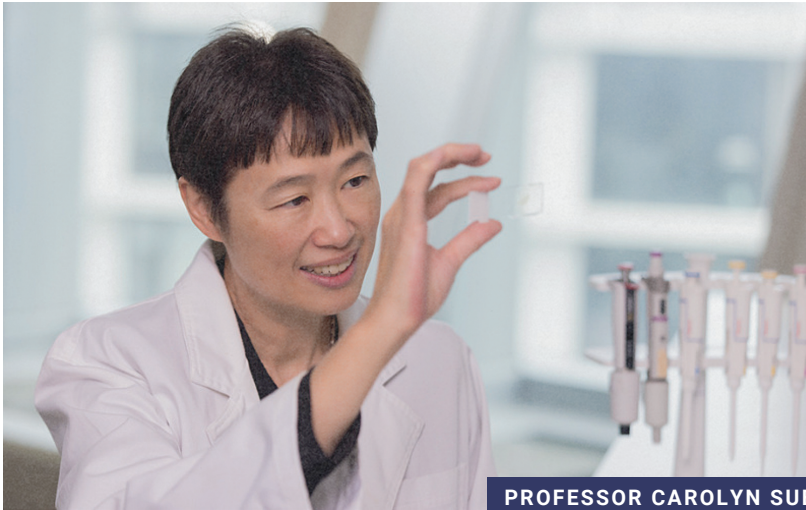
# Mito Monthly Newsletter



Australian  
Mitochondrial  
Disease Centre

**NeuRA**  
Discover — Conquer — Cure

August 2025



PROFESSOR CAROLYN SUE

Dear Mito Community,  
As we settle into the third quarter of 2025, I'm continually inspired by the resilience and commitment of our patients, families, and clinical teams. This month, we're thrilled to announce the return of our Mito Open Day—a special event that brings together the mito community for a day of learning, connection, and support.

You'll also find updates from our clinical team, practical guidance from Rachael, and a spotlight on another incredible patient resource. Whether you're newly diagnosed or have been with us for many years, we're proud to walk this path alongside you.

Warm regards,

*Carolyn Sue*

## In this newsletter you can expect:

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Clinic News and Updates

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Serge's Corner

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Mito Minute

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Resource of the month

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Upcoming Events

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## In a Mito Minute.....



### Nutrition and Mito – Fuel for Function

When living with mitochondrial disease, every bit of energy counts. And that's why nutrition plays a vital role in your overall health and symptom management. While there's no single "mito diet," good nutrition can help:

- ✓ Support energy levels
- ✓ Prevent weight loss or gain
- ✓ Reduce fatigue and gastrointestinal discomfort

It's not about perfection—it's about consistency and balance. Here are a few key principles:

- Eat small, frequent meals to keep energy steady.
- Focus on whole foods: fruits, vegetables, lean protein, and healthy fats.
- Stay hydrated, especially in colder months when we often forget to drink.
- Avoid skipping meals, which can strain your energy metabolism.

🧑🍳 Need extra support? A referral to a dietitian with experience in chronic or rare disease can help tailor advice to your specific needs. Speak to your GP or mitochondrial clinic team.

Fuel your body with care—it makes a difference. 💙

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# Save the Date: Mito Open Day 2025

Join us for a day designed to inform and empower.  
Meet your clinical and research teams  
Hear about the latest in mito care and research  
Participate in patient-focused workshops and conversations

💡 Open to all patients, families, carers, and supporters.  
Lunch and morning tea will be provided.

## Registration:

<https://events.humanitix.com/mitochondrial-disease-information-open-day>

📍 NeuRA, Randwick NSW

📅 Thursday 4th September 2025

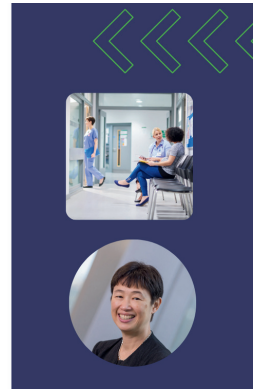
🕒 9:30am – 2:00pm



## Mitochondrial Disease Info Day

**Join Us September 4th**

Discover our services, meet our staff, and hear the latest in mitochondrial disease research and clinical trials at our information open day!



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## Resource of the Month

Carer Gateway – Support for Carers  
Caring for someone with mitochondrial disease can be rewarding, but also physically and emotionally demanding. The Carer Gateway is a free national service that provides support and practical advice for carers of all ages.

### 💡 Services include:

- Free counselling and coaching
- Respite care and emergency support
- Tailored carer support plans
- Online skills courses and peer connection

Whether you're a parent, partner, sibling or friend helping care for someone with mito, Carer Gateway is there to support you.

🔗 Visit: [www.carergateway.gov.au](http://www.carergateway.gov.au)

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## SERGE'S CORNER

Hi everyone! Serge here, your clinical fellow at the Australian Mitochondrial Disease Centre. I'll be sharing practical tips, helpful reminders, and a bit of encouragement to help you on your mitochondrial journey. Here's what I've got for you:

### Topic: Managing Spring with Mito

Here are my top tips for managing your mito symptoms during spring:

🌿 Watch for fatigue triggers – Changes in temperature and pollen levels can increase fatigue. Listen to your body and pace your activities.

😴 Maintain a regular sleep routine – Longer daylight hours can disrupt sleep. Try to keep your wind-down routine consistent.

🤧 Manage allergies – If you're prone to hay fever, speak to your doctor about treatment options, as allergic reactions can affect your energy and breathing.

🧑♀️ Get gentle sun exposure – Just 10–15 minutes in the sun can boost mood and vitamin D—but don't forget your hat and sunscreen!

Most importantly, enjoy the fresh air and small moments—spring is a great time to reset and refresh.

Got a question for me? Submit it to [ausmitodc@gmail.com](mailto:ausmitodc@gmail.com), and I might feature it in next month's edition!

## Clinic News and Updates

Thank you to those participating in the Natural History of Mitochondrial Disease clinical trial—  
your contribution is helping shape the future of mito care.

*Thank you for reading!*