

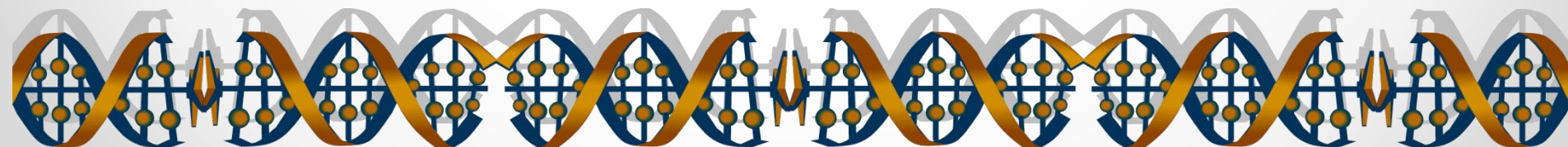


So, what is Ataxia



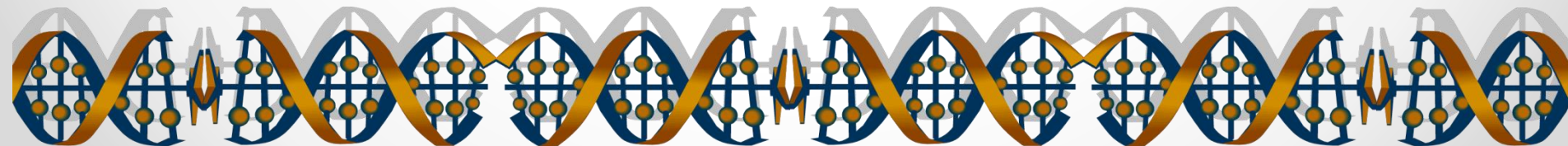
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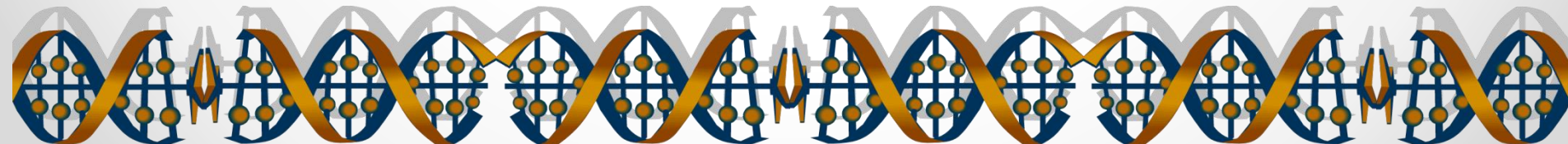


It's not

- ✓ Parkinson's disease
- ✓ Huntington's disease
- ✓ Multiple Sclerosis
- ✓ Muscular Dystrophy



Ataxia is not a foreign cab!





So



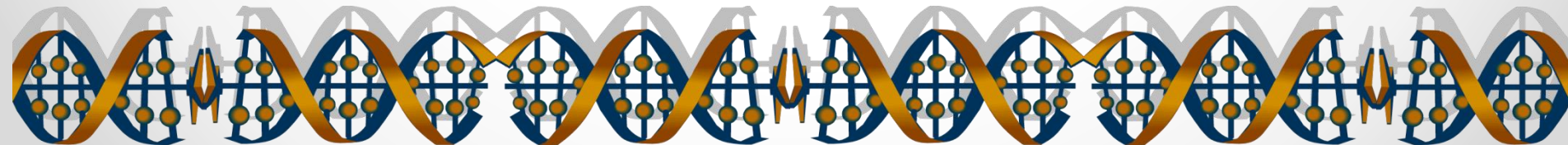
is it



Ataxia is a term used to describe a group of neurological disorders that cause problems with balance and coordinated movement.



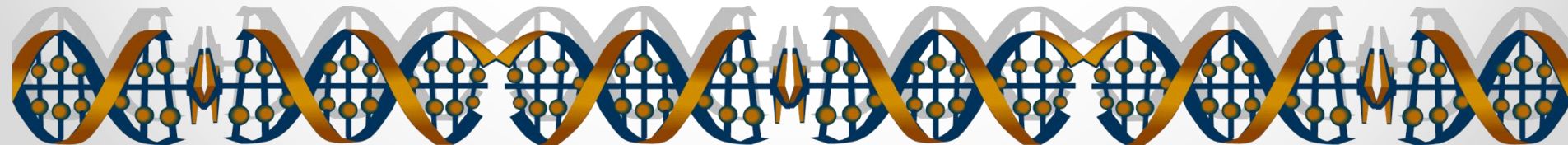
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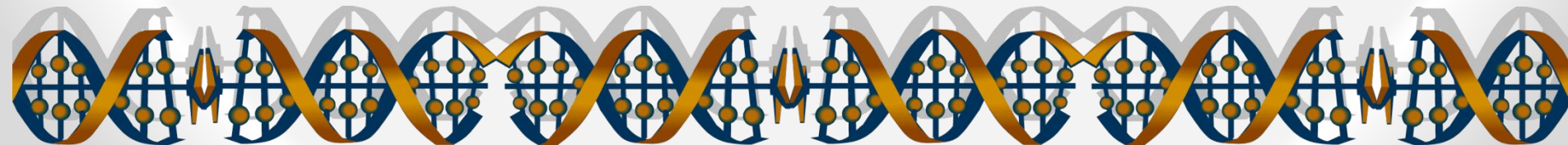
Ataxia is also a term used to describe the symptoms of loss of coordination.



Hold a finger or a toy in front of the child and ask him to touch it on the first try. The child with ataxia cannot do it.



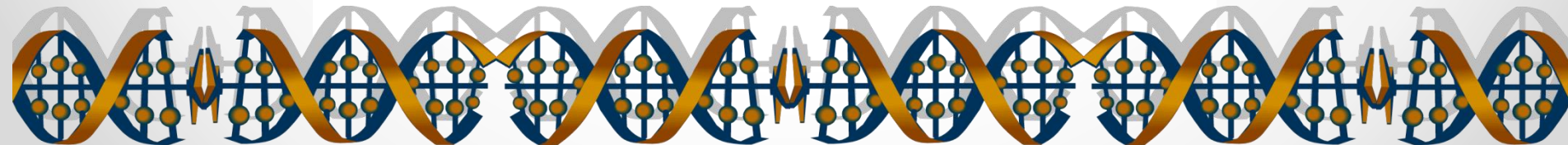
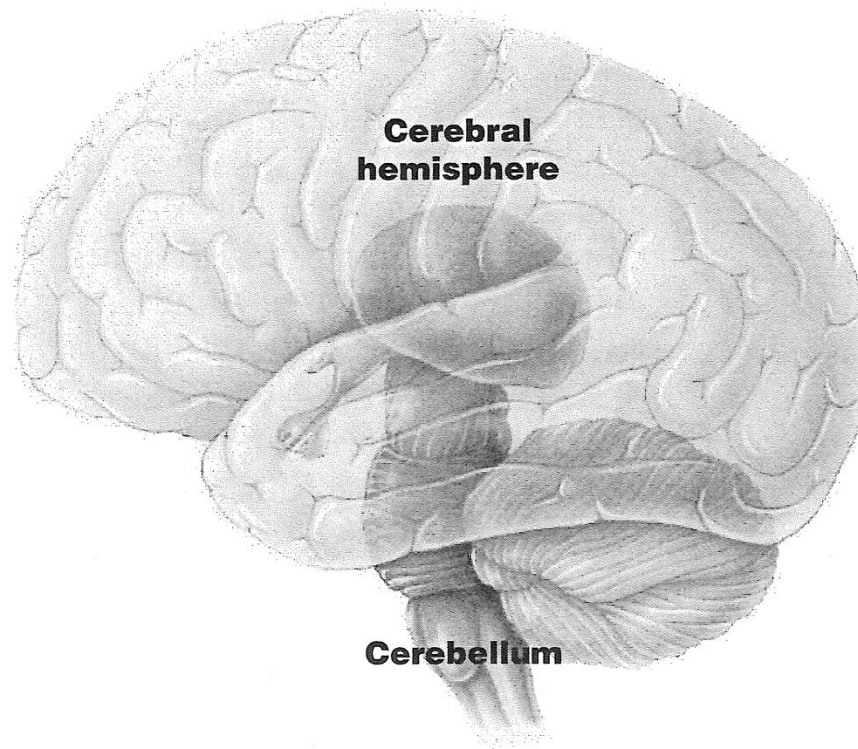
Ataxia is derived
from the Greek
word *ataxis*
which means
“without
order”.



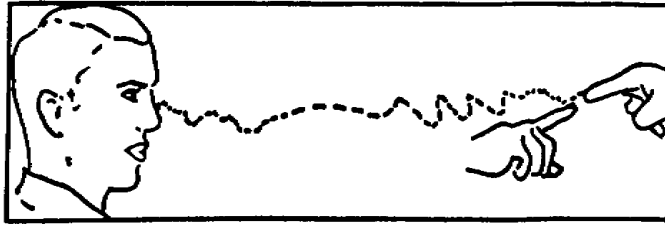
Most often ataxia is caused by loss of function in the cerebellum, which is the part of the brain that controls movement.



Some forms of ataxia are caused by dysfunction of the pathways leading into and out of the cerebellum.

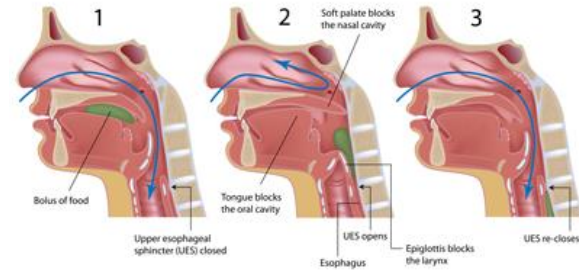


In addition, ataxia causes
symptoms that affect:

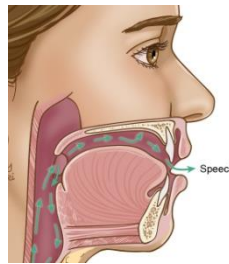


Vision

Swallowing

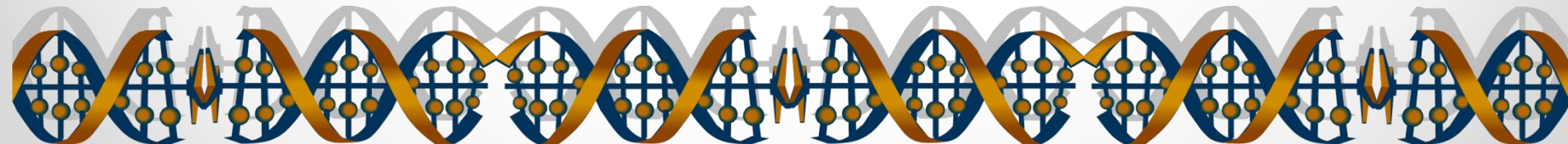


and



Speech

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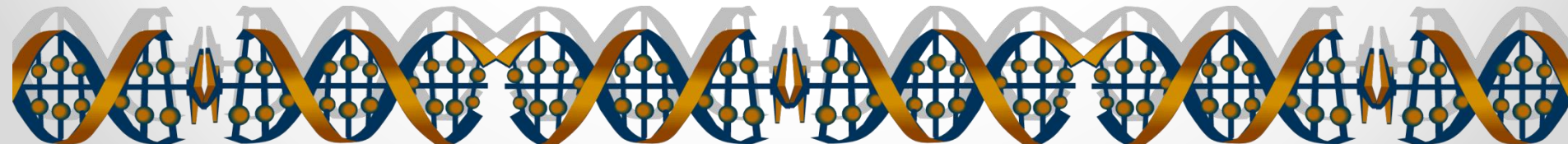


Ataxia can strike at any age and all too often

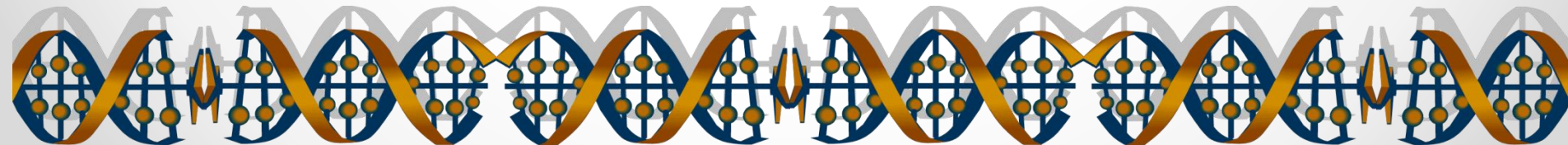
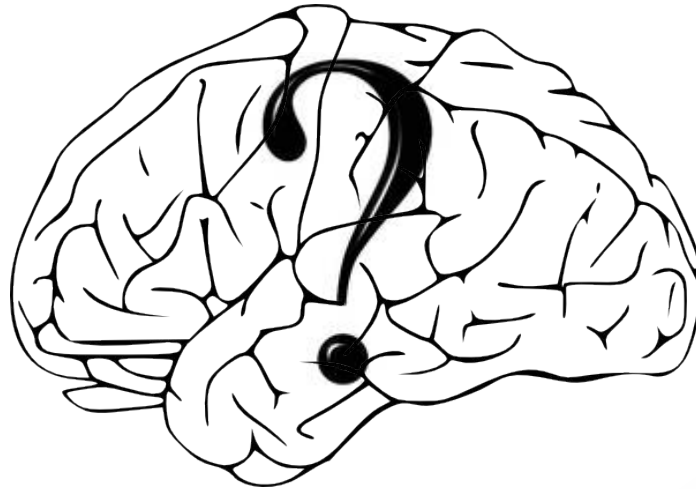


strikes children and young adults

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We know that ataxia refers
to a symptom **and**
to a group of diseases – but
what causes it?



When we talk about the symptom of ataxia, you could say that being drunk causes ataxia, spinning around and around like children do, can cause ataxia.

You could even say that ataxia (the disease) causes ataxia (the symptom).



First, we need to understand
that there are three
classifications of ataxia, based
on the cause:



Acquired



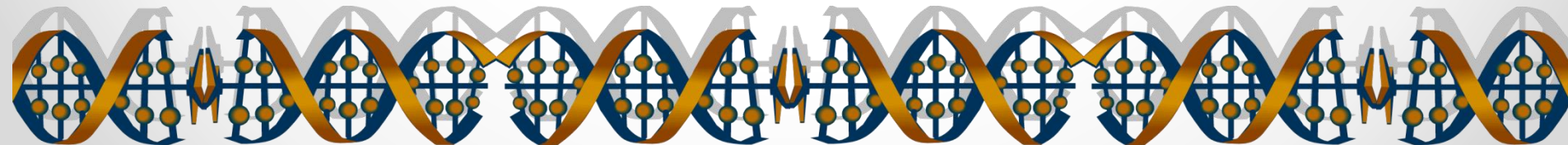
Hereditary

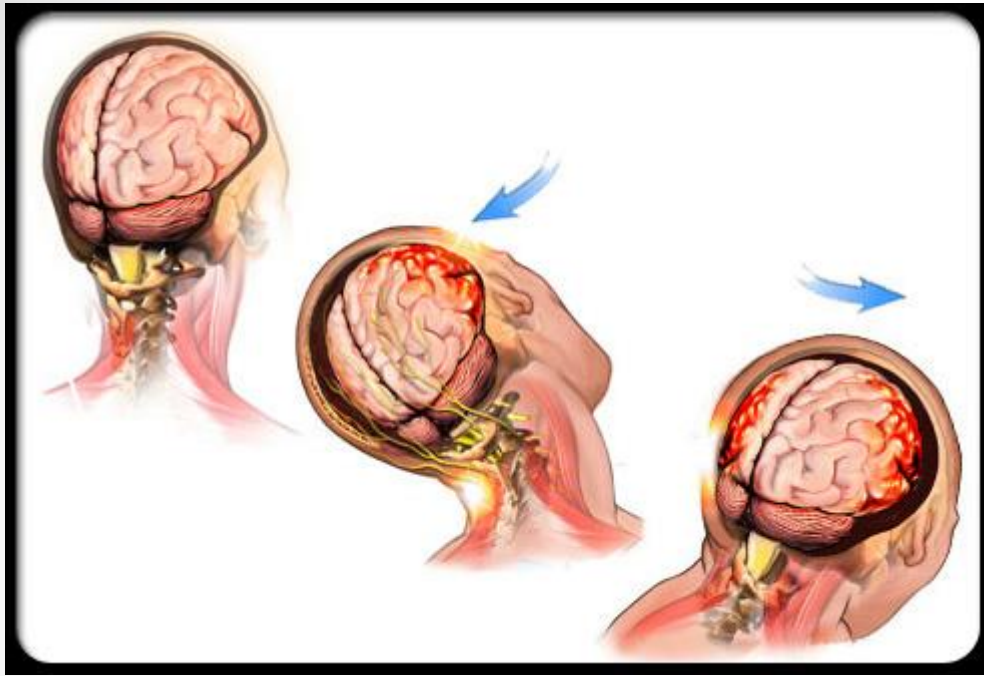


Sporadic or Idiopathic

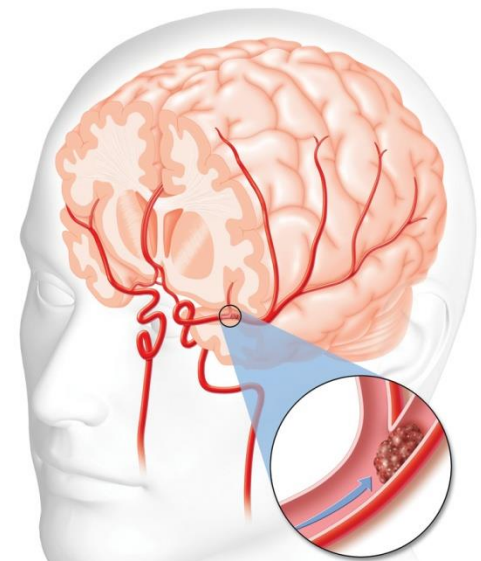


Acquired ataxia means there was an event that caused the person to have the symptom of ataxia. Some of those events may include:





Head trauma

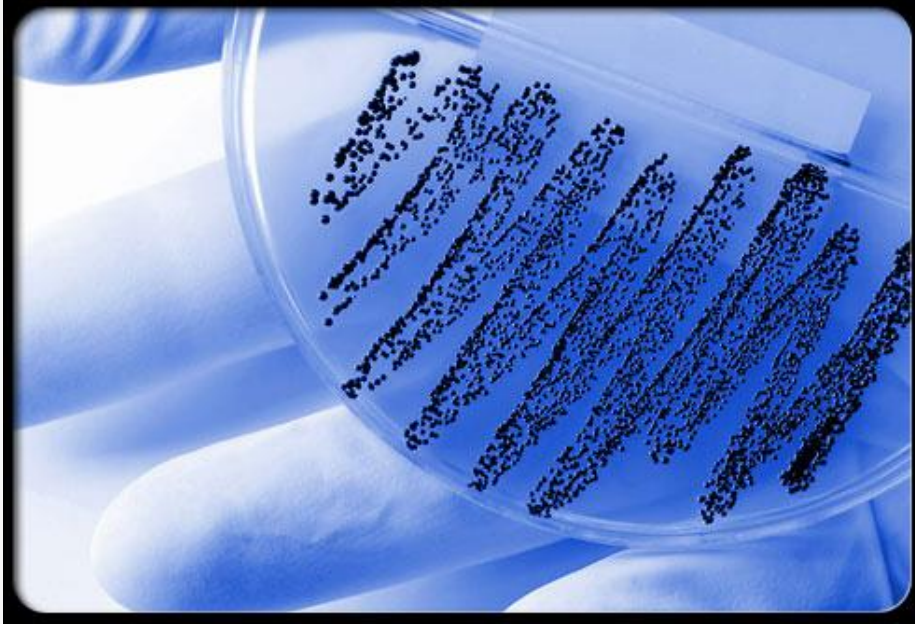


Stroke

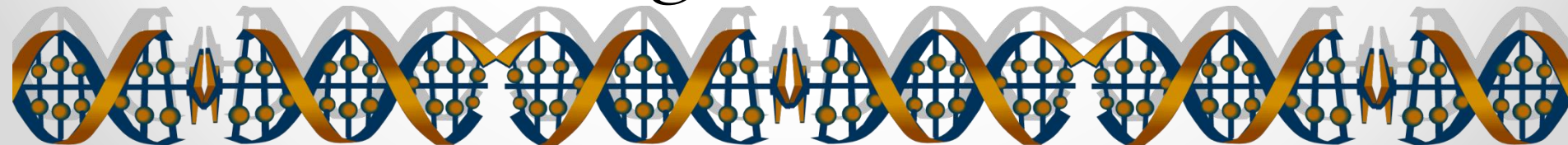


Brain tumor

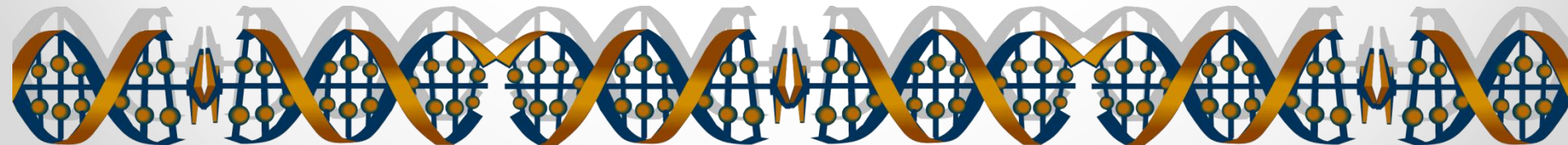
Severe viral infection

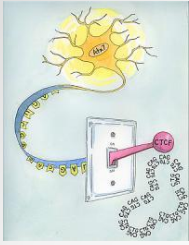


Exposure to certain
drugs or toxins

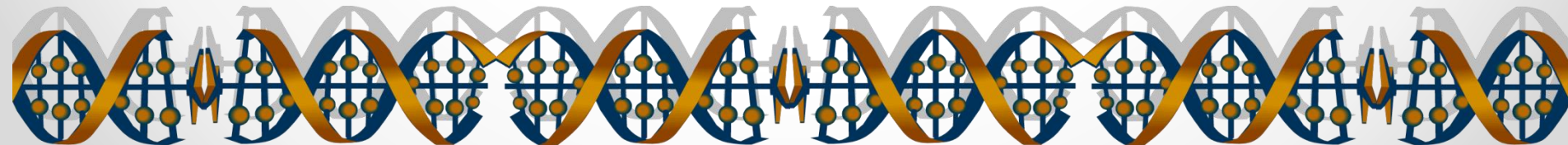


For now we will talk
about the disease of
ataxia and what causes it.





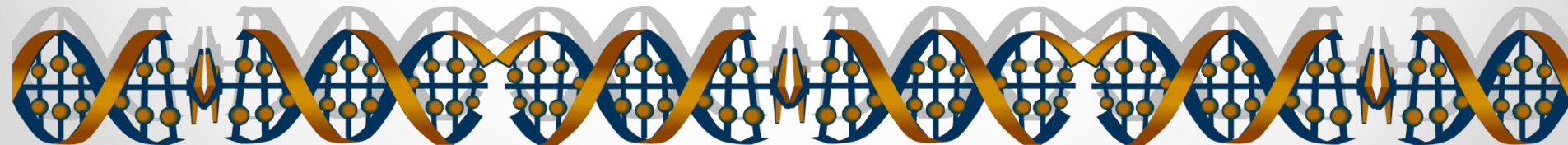
Hereditary ataxia means that the cause of the ataxia is a gene defect or mutation. Those ataxias are grouped into:



Dominant Ataxias and Recessive Ataxias

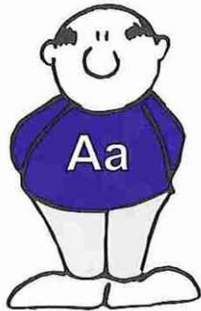


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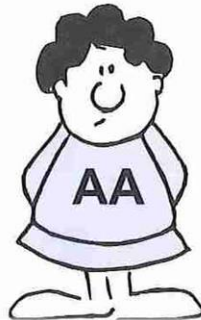
Dominantly inherited ataxias are passed from an affected parent to the child.

Father with one **A** and one **a**
(has Ataxia)

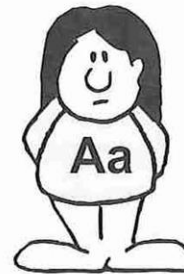


A = normal gene
a = disease gene

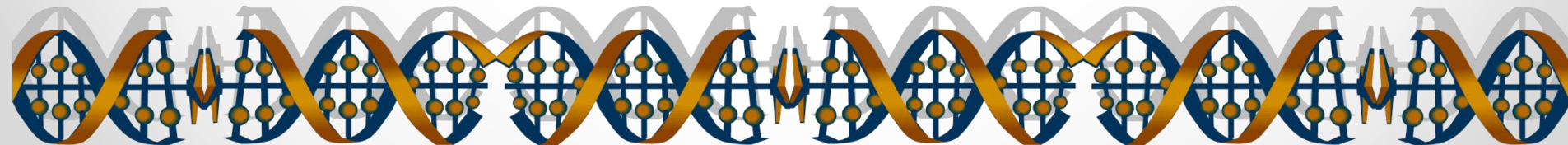
Mother with two **A's**
(does not have Ataxia)



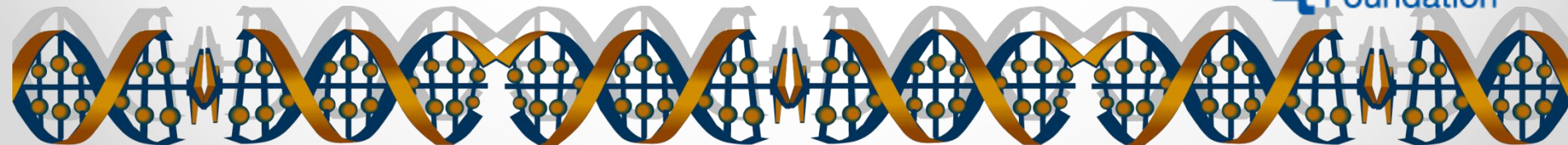
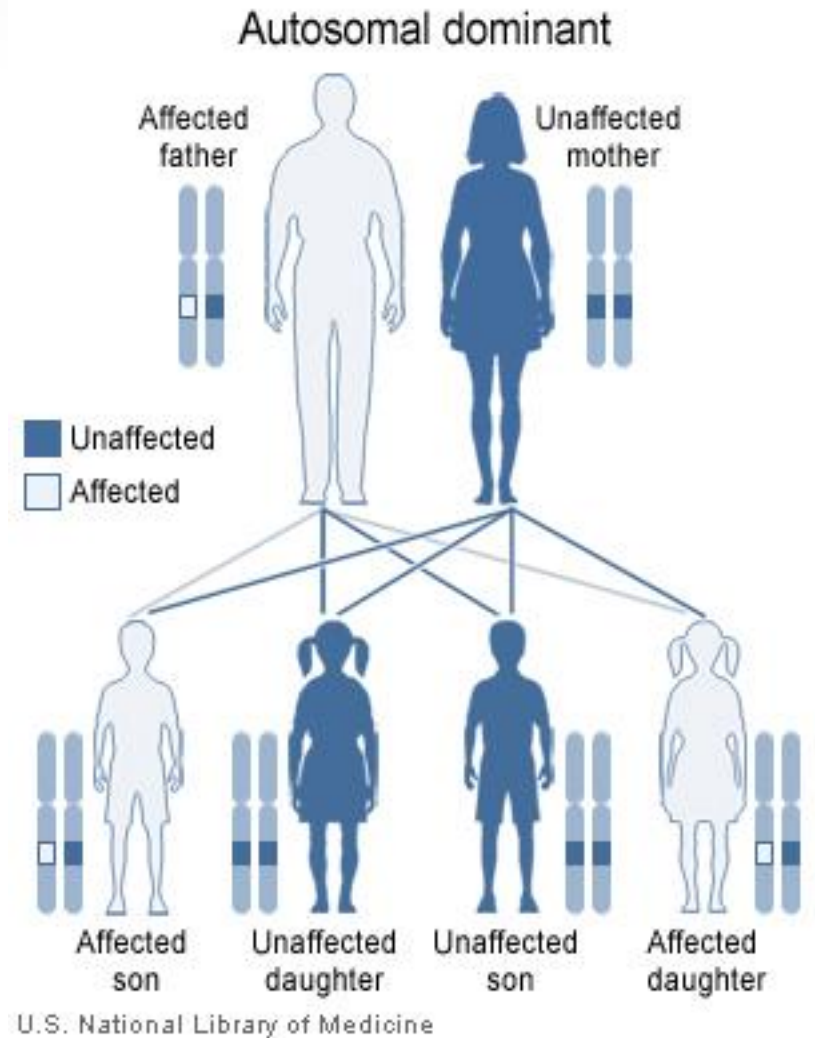
Offspring who inherit
one ataxia-causing
gene will have ataxia.



Offspring who inherit
two normal genes will
not have ataxia.



- Only one copy of the mutated gene is needed for a person to have dominant ataxia.
- Each child of an affected parent has a 50% chance of inheriting dominant ataxia.
- Males and females are equally likely to be affected.



Recessively inherited ataxias occur when both parents are carriers of the mutated gene and the child inherits the mutated gene from each parent.



Denise and her sister Roxann. Friedreich ataxia is a recessive disorder meaning that both parents contribute the defective gene at the time of conception. Denise is affected by the disease and her sister is not.

Father with one **F** and one **f**
(does not have ataxia)



F = normal gene
f = disease gene



Mother with one **f** and one **F**
(does not have ataxia)

F from father, **f** from mother
(child does not have ataxia
but can pass disease)

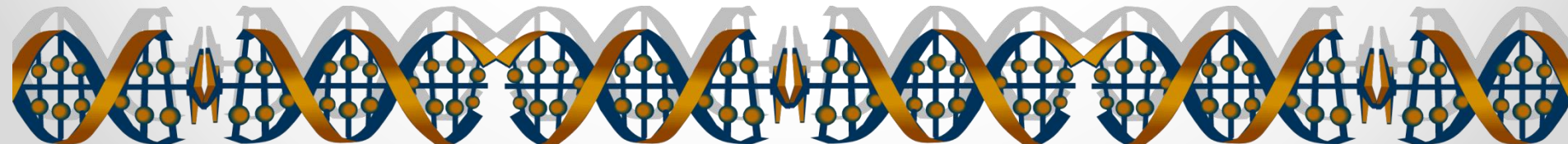


f from father, **F** from mother
(child does not have ataxia
but can pass disease)

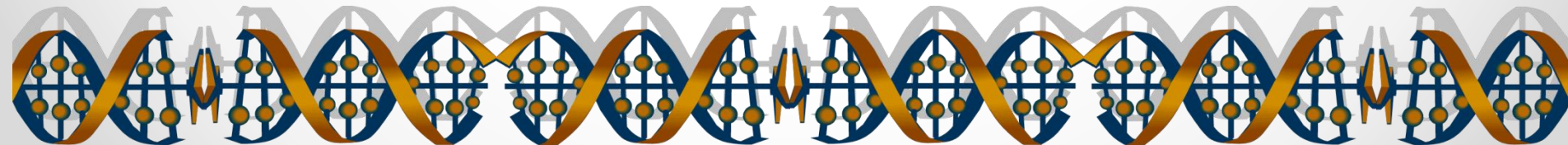
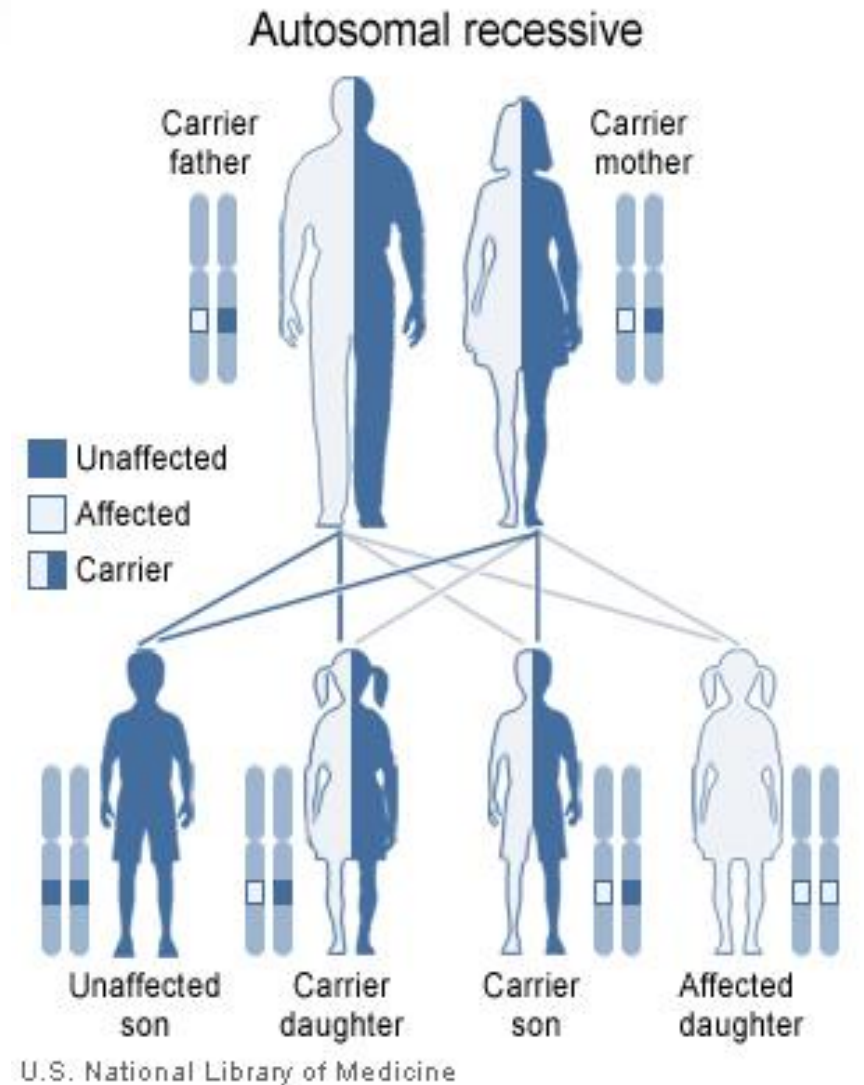
F from father, **F** from mother
(child does not have ataxia and
has no disease gene to pass on)



f from father, **f** from mother
(double-dose of ataxia-causing
gene means child will have ataxia
and will pass disease gene on)



- Two copies of the mutated gene is needed for a person to have recessive ataxia.
- There is a 25% chance of having a child who has two copies of the mutated gene. This child would be affected by recessive ataxia.
- There is a 50% chance of having a child who is a carrier of the mutated gene.
- There is a 25% chance of having a child who does not inherit the mutated genes. This child would not be affected or be a carrier of recessive ataxia.
- Males and females are equally likely to be affected

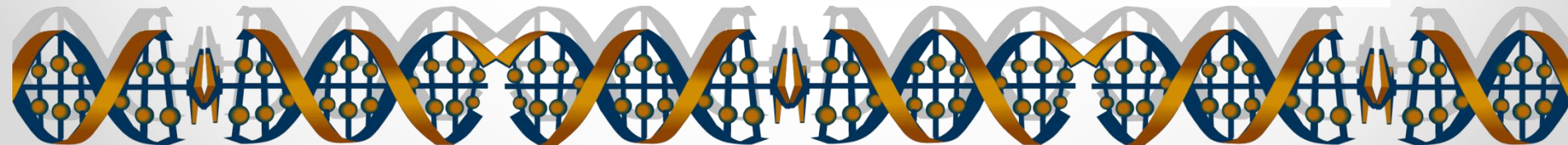


Sporadic or Idiopathic ataxia means that the cause is unknown and there is no family history.

Approximately 50% of those with a non-acquired form of ataxia, may never know the cause.



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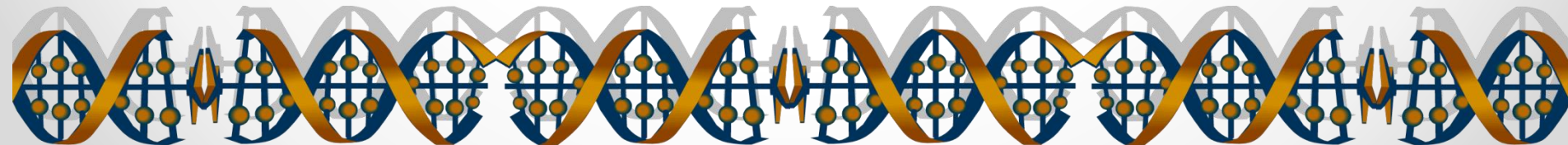


Unfortunately it may
take years before a
person is finally
diagnosed with
ataxia.





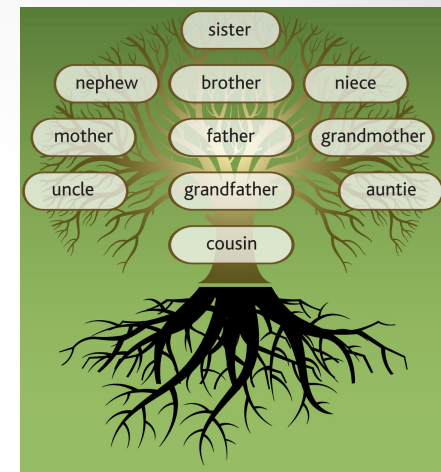
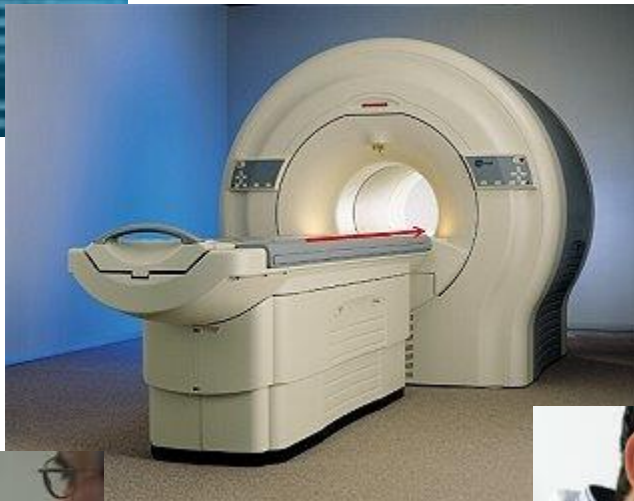
How is the
diagnosis of
ataxia made?



Magnetic Resonance Imaging (MRI)



Genetic Tests



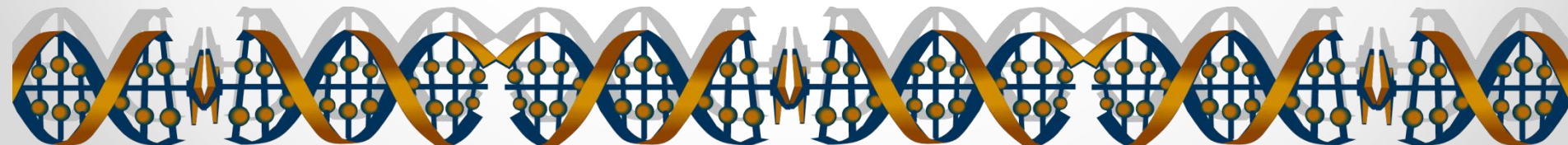
Family History



Laboratory Tests

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Clinical evaluation by a neurologist



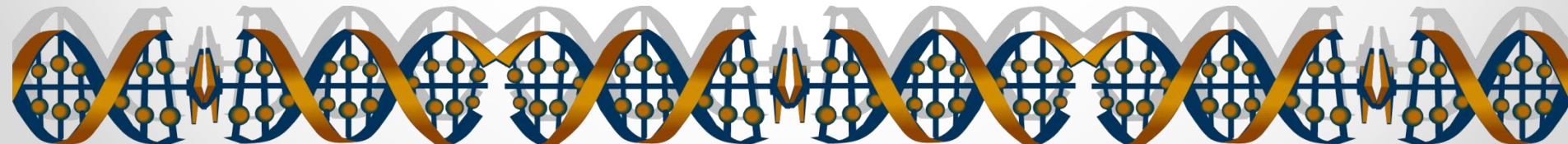
Sometimes the type of ataxia is diagnosed while looking for the cause of other symptoms.



Cardiomyopathy is often a complication of Friedreich Ataxia



Vision loss is often a complication of Spinocerebellar Ataxia 7 (SCA7)



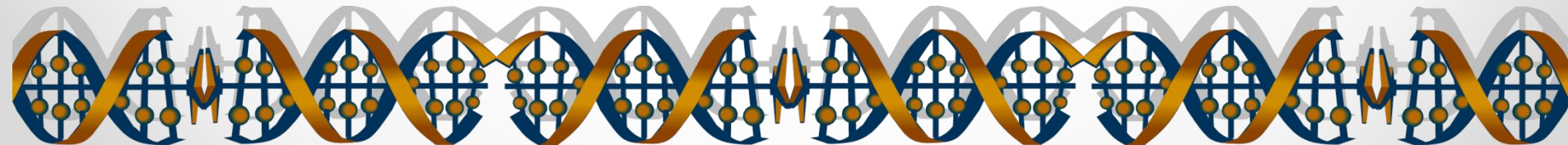
Most of the ataxias are progressive. This means that the symptoms increase in scope and severity.



The rate of progression varies for each type of ataxia. It can also vary between family members with the same type of ataxia.

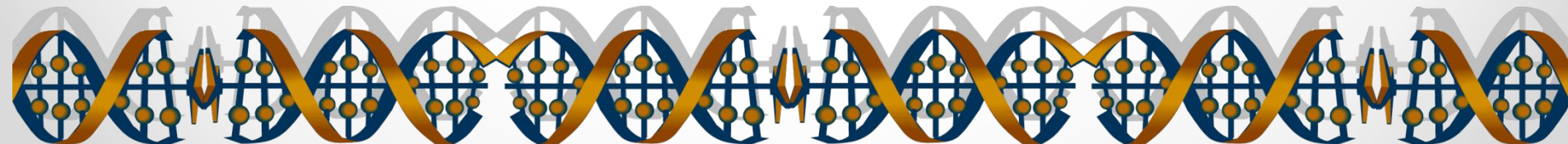


Too often the earlier the onset of symptoms, the faster the rate of progression.



As the disease progresses,
assistive devices such as canes,
walkers and wheelchairs are
recommended when the lack of
balance is causing an
impact
on safety.

Are you
okay?



Is there a



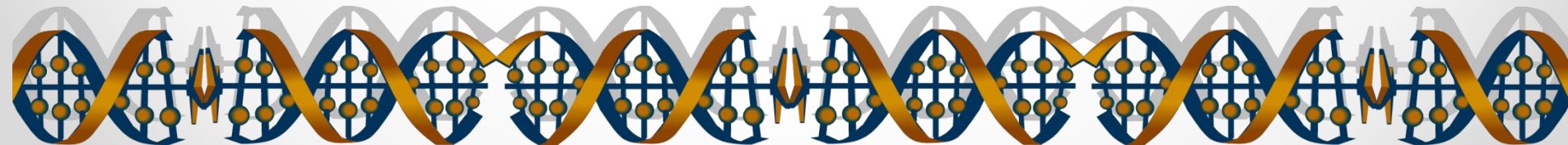
for ataxia?



Currently
there is no
cure for the
hereditary
and sporadic
forms of ataxia.



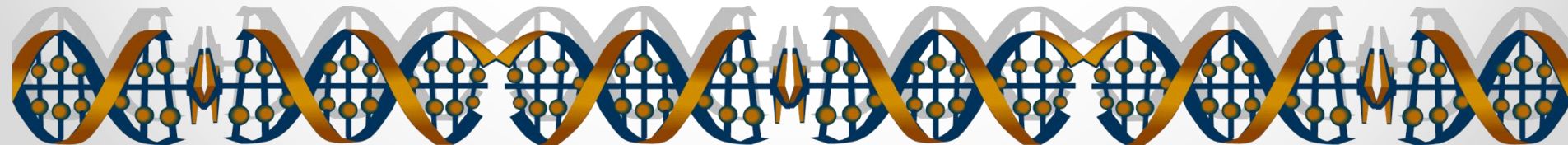
Some of
the acquired
forms can be
treated
successfully.



In dominantly inherited types of ataxia family planning choices may



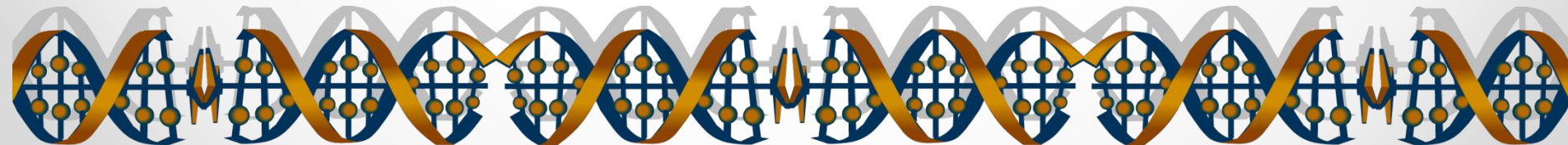
prevent the ataxia gene from moving into the next generation.



If there is not a cure,



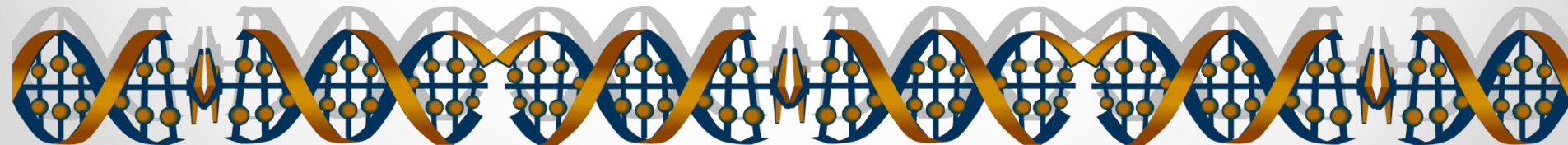
is there a treatment?



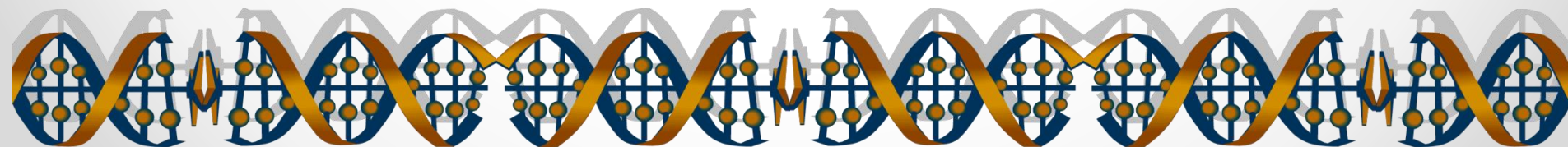
There *are no* medications
which treat ataxia or slow
the rate of progression.



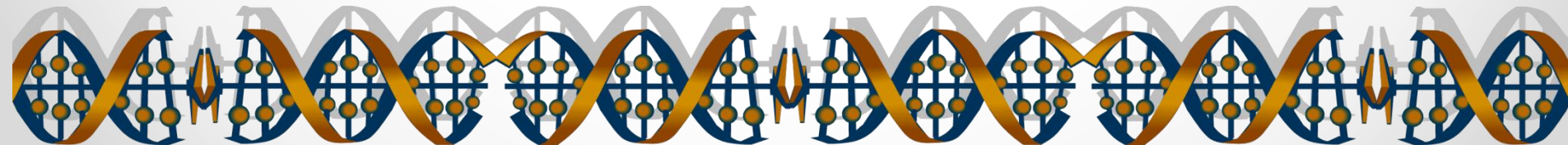
There *are* medications which may help some of the symptoms of ataxia.



So what can a person
with ataxia
do if there is
no treatment or cure?

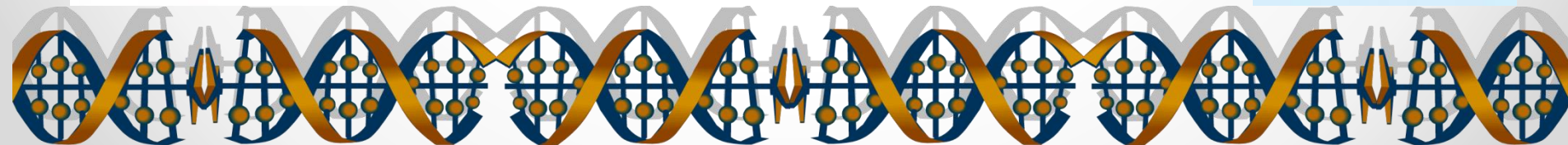


Develop a Care Team
with medical service
providers and family.



EXERCISE, EXERCISE, EXERCISE!

Research has shown that practicing a physical therapy regimen that includes repetitive coordinative exercises can help sustain mobility as the disease progresses.



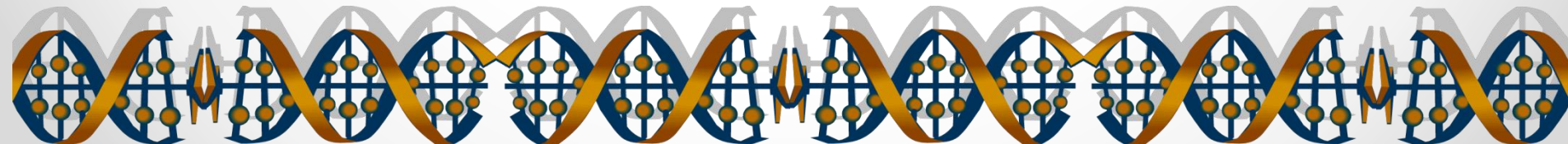


is

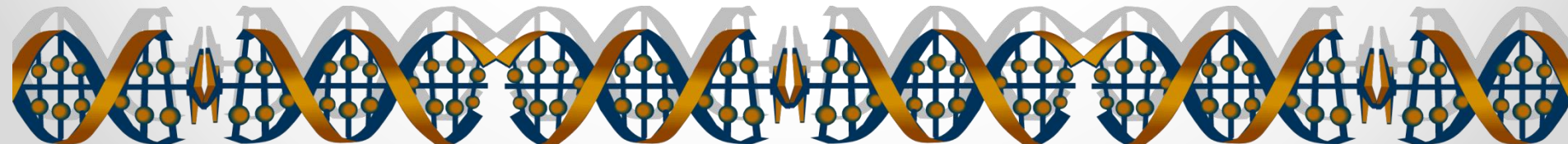
recommended for those who experience slurred speech or difficultly swallowing.



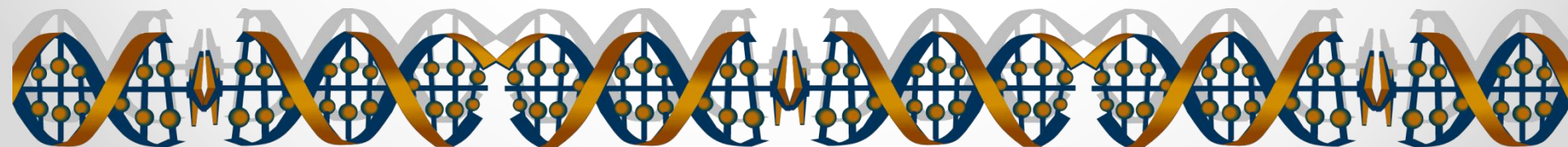
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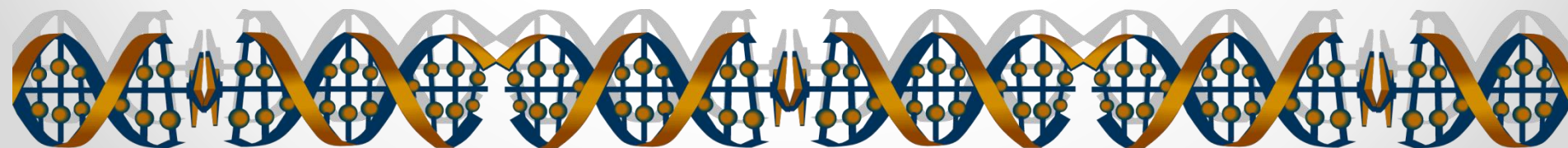
Cultivate a caring network
with family, friends,
support groups, social media and
advocacy organizations to gain
knowledge, resources,
and a sense of
belonging.



Joining a local support group
or participating
in social media
venues have been
helpful for many.



Many attend the annual meeting of the National Ataxia Foundation where leading ataxia researchers and clinicians give presentations on ataxia related topics and lifelong friendships are made.



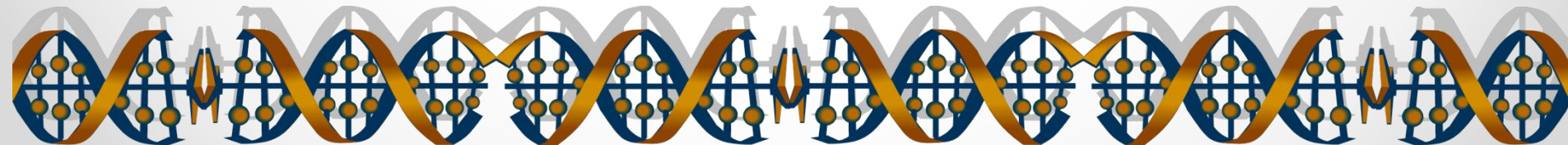
*Attending enables me to network and mingle
with ataxians from around the country.*



*It is one of the few times
that being disabled
is normal and expected.*



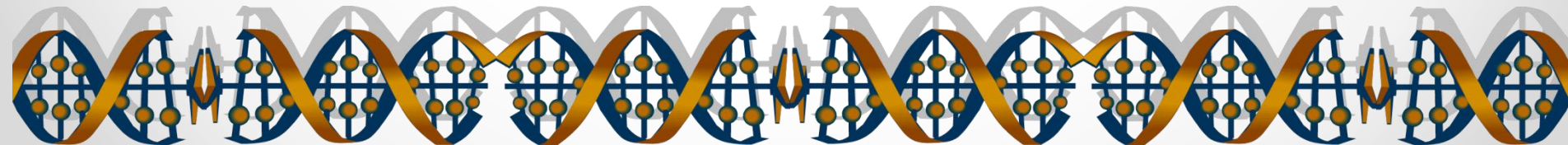
*Being around other people with
ataxia at the meeting
helps me feel less alone.*



Making the most of life with Ataxia.

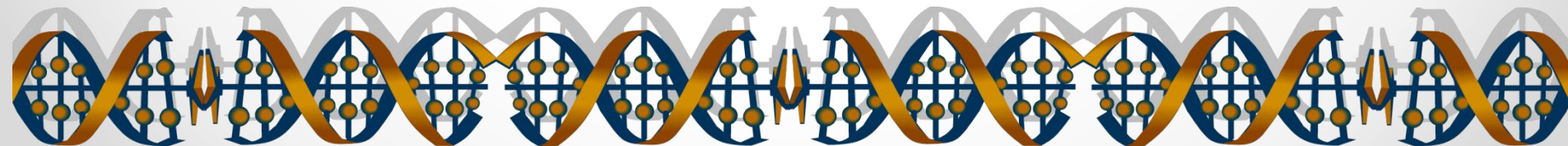


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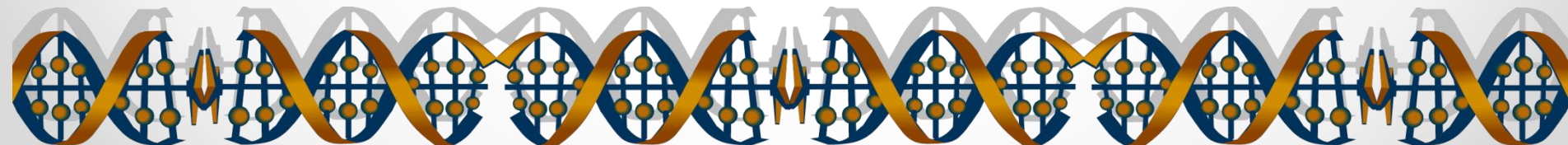




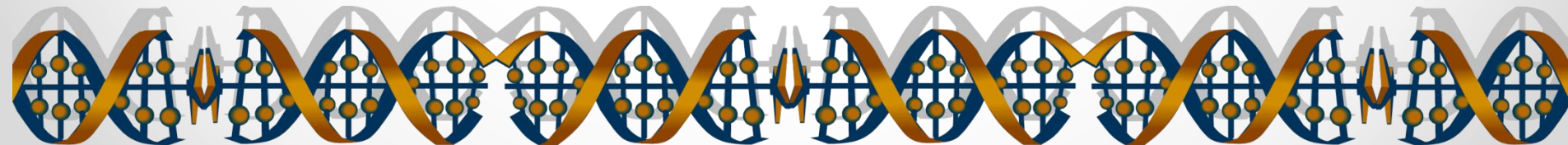
Follow us on Social Media:



the Bulletin board



The National Ataxia Foundation is dedicated to improving the lives of people affected by ataxia through support, education and research.



Date Founded:

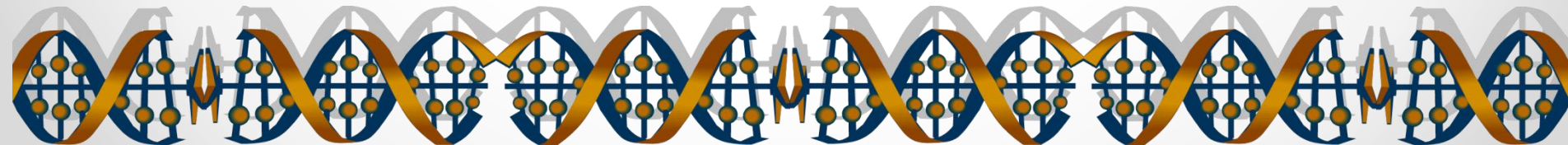
1957 as a nonprofit organization 501(c)(3)

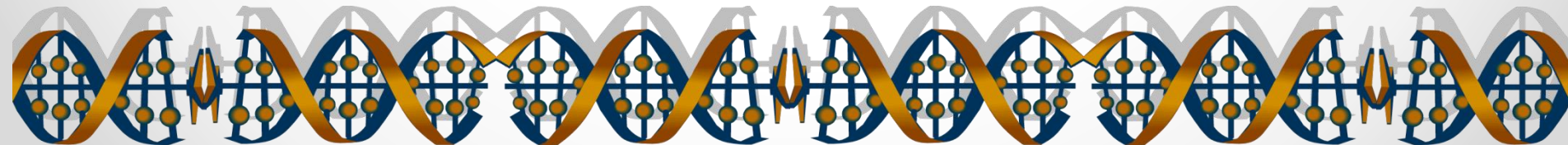
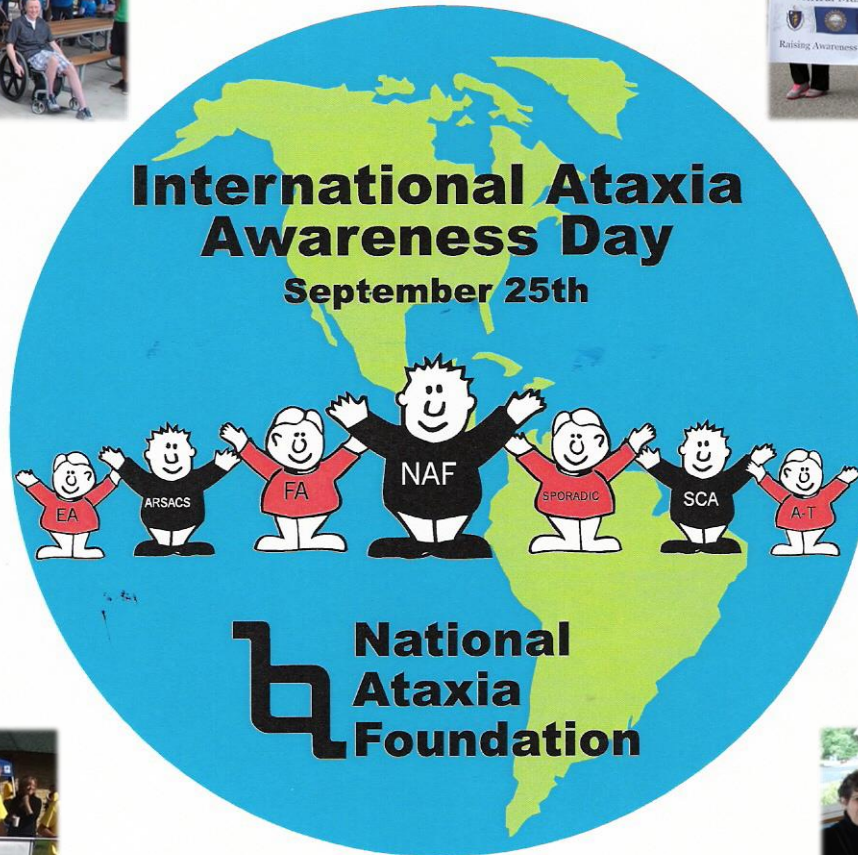
Primary Focus:

Serving the ataxia community

Program Focus:

- ◇ Funding world-wide ataxia research
- ◇ Providing services and programs to ataxia families
- ◇ Development of ataxia publications
- ◇ Offering international ataxia research symposiums
- ◇ Hosting annual ataxia family conferences
- ◇ Development of ataxia support groups
- ◇ Partnering with others to foster ataxia research





Faces of Ataxia



DEAR MS SUE
THANK YOU SO MUCH FOR
HELPING ME WITH MY
SENIOR PROJECT I
COULDN'T HAVE DONE
THIS WITHOUT YOU
THANKS A LOT
STACY



How can you help be part of the solution?



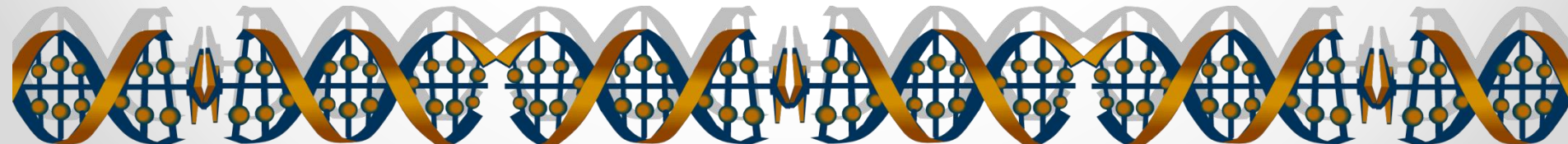
Help raise ataxia awareness in your community.



Embrace those with ataxia into your community.



Support the work of the National Ataxia Foundation.



*We would like to thank you
for your interest in Ataxia.*

For more information please contact:



2600 Fernbrook Lane, Suite 119

Minneapolis, MN 55447-4752

Phone: (763) 553-0020

NAF CFC #10752

www.ataxia.org

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