MioMito: Supporting Patients and Advancing Mitochondrial Research in Italy

MioMito Association – Italy | www.miomito.it | info@miomito.it

INTRO

MioMito is an Italian patient association supporting individuals and families affected by mitochondrial diseases. Born out of firsthand experience with a rare condition (POLG2-related disease), it was created to offer support, guidance, and a sense of community.

No one faces this journey alone.

WHAT IS THE POSTER TELLING US?

- This poster presents MioMito as an association that supports patients and caregivers through services and initiatives, while actively promoting awareness and contributing to scientific research on mitochondrial diseases.

WHAT WE DO

- Support **patients and families**
- Raise awareness of mitochondrial diseases
- **Build connections** between patients and leading research centres
- **Contribute to the development of research initiatives**
- National initiatives, including a Mediaset campaign planned for 2026 featuring Dr. Costanza Lamperti, researcher at **IRCCS Istituto Neurologico Carlo Besta (Milan)**
- Active participation in "**Light Up for Mito**", with the illumination of over 20 landmarks, including Palazzo Pirelli in Milan
- Awareness initiatives through social media, a blog, and a monthly newsletter
- Awareness activities supported by public figures, including former Italian basketball champion **Antonello Riva**

PATIENT SUPPORT SERVICES

MioMito provides practical support through:

- Community-supported physiotherapy services
- Psychological support for patients and families

These services aim to improve patients' quality of life and support the daily management of their condition.

KEY AREAS OF IMPACT

Association growth	Expanding activities and services
Research involvement	Expanding collaboration with experts
Future initiatives	Development of new research support projects
National awareness	National TV campaign during the 2026 International Mitochondrial Disease Awareness Week

OBSERVATIONS

- **Observation 1:**
  Patient organisations play a key role in bridging communities and research.
- **Observation 2:**
  Access to support services is essential for improving quality of life.
- **Observation 3:**
  Collaboration between patients and research centres accelerates progress.

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CURRENT DEVELOPMENTS

Research collaboration with IRCCS Istituto Neurologico Carlo Besta, Milan
→ Ongoing collaboration with IRCCS Istituto Neurologico Carlo Besta
→ Establishment of a junior research fellowship to support an ongoing research project

IRCCS Istituto Neurologico Carlo Besta is one of the leading neurological research centres in Italy and internationally.
MioMito is part of a network of patient associations collaborating with the institute, contributing to strengthening the connection between patients and research.

CONCLUSION

Building on direct patient experience, MioMito is evolving into a structured organisation capable of creating meaningful connections between patients, awareness initiatives, and research.
This path reflects how patient organisations can play an active and concrete role in helping shape the future of mitochondrial disease research.

CONTACT

- MioMito Association – Italy
  Giovanna Mangano, President - info@miomito.it
  Marcella Marinelli, Board Member - direttivo@miomito.it
  www.miomito.it

  Facebook: MioMito
  Instagram: miomito.odv