

Call to Action

Learn more about FND and share this information to raise awareness.

If you suspect you may have FND, consult a healthcare professional for diagnosis and management.

Hope & Resilience

Remember that you are not alone! Struggling with FND isn't 'all in your head'. It is a real medical disorder and seeking help is key. Though no miracle cure exists, early intervention & specialised therapy can manage and improve symptoms.


A whole community supports you!



References

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 [FND – What Now? Support Group](#)

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Functional Neurological Disorder (or FND)

FND is defined as

A disconnect between the brain and the body, leading to many neurological symptoms without a clear known medical cause. It's also referred to as a **brain-network disorder**.



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What's FND?

Functional neurological disorder (or FND), is a condition characterised by a disconnect between the brain and the body, leading to many neurological symptoms. Some people may know it as **conversion disorder**, and it can affect anyone. FND is seen more often in women.

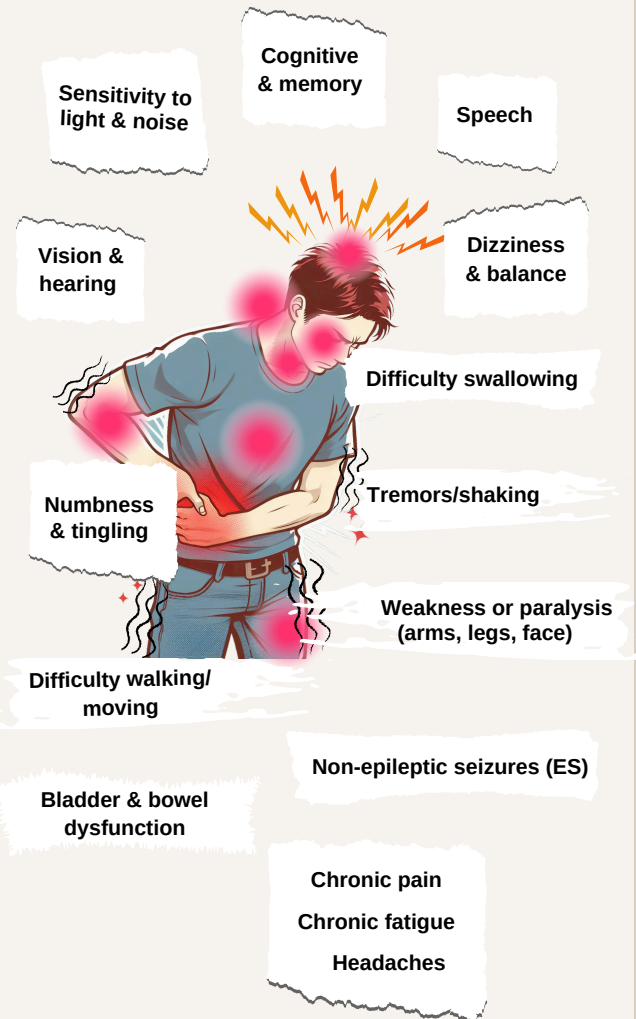
Risk factors include:

- Stress
- Traumatic Events
- Physical injury
- Family member with a neurological illness
- Severe viral infections or major surgery

Despite being as common as multiple sclerosis (FND accounts for 6% of neurology outpatient visits), there is still a lot that's **not understood** about this disorder, including **its exact cause**. Additionally, there is no single definitive diagnostic test. In spite of this, doctors can still reliably diagnose FND by using the **Rule-in** approach. **It's not a diagnosis of exclusion.**

Symptoms

FND is a complex disorder to diagnose and manage. Symptoms may vary in duration, frequency, intensity and what triggers their onset.



Treatment & Recovery



The **primary focus** of treatment is on:

- Improving function through physiotherapy, psychotherapy and other rehabilitation interventions.
- Managing symptoms using a holistic approach.
- Developing a tailored treatment plan to cater for individual needs.

Medication such as **antidepressants** can be helpful but should not be the main modality of treatment.

Early diagnosis and intervention is associated with better outcomes.