



Multifocal Motor Neuropathy (MMN)

Multifocal Motor Neuropathy (MMN) is a very rare neurological condition that affects the peripheral nervous system (the nerves outside of your brain and spinal cord). It focuses on the motor nerves, which are the nerves that carry signals to the muscles. It is a progressive condition which means that without treatment it will get worse over time.

The first symptoms of MMN are usually a weakness in the hands and arms. This usually starts gradually, often in just one hand or arm, and then spreads to other muscles. It can lead to you dropping things, or being unable to undertake everyday tasks, like holding a pen or turning a key in a lock. Unlike other inflammatory neuropathies, MMN typically doesn't cause numbness, tingling, or pain.

The exact cause of MMN is unknown, but we think it's an autoimmune condition where the body's immune system (your body's defence against infection and disease) mistakenly attacks its own nerves.

MMN can be difficult to diagnose because its symptoms can be the same as other neurological conditions. Doctors may conduct nerve conduction tests to look at nerve function, and to rule out other conditions. They may also carry out tests for certain antibodies (parts of the immune system that identify and neutralise bacteria and viruses) in your body.

While there's no cure for MMN, treatments can help manage symptoms and slow its progression. IVIG (intravenous immunoglobulin) therapy is the most common treatment, where patients receive infusions to change the immune response. IVIG will be given regularly if it is effective.

Everyone's MMN journey is different, but ongoing treatment and physiotherapy means that many people with MMN go on to live full lives. You will however, need long term treatment to manage the symptoms and impacts of MMN effectively. You may also need emotional support to cope with the change to your life and the long-term impact of MMN.

MMN can be life changing and have long term impacts. GAIN is here to support people and families impacted by MMN, offering information, advice, and guidance; providing practical support where it is needed; funding and undertaking research; and raising awareness. If you want to know more about MMN then reach out to us, we are more than happy to support.

