MELAS

MELAS is a rare mitochondrial disorder. MELAS is an acronym that stands for mitochondrial encephlomyopathy, lactic acidosis, and stroke-like episodes. Muscle weakness and seizures may also be seen.



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Characteristics

Mitochondrial Disease
Damaged Mitochondria
Mitochondrial diseases are long-term, genetic, often inherited disorders that occur when mitochondria fail to produce enough energy for the body to function properly.

Mnemonic

Mitochondrial Encephalomyopathy
Mitochondria Altered brain Mayo-party-hat
The "ME" in MELAS stands for Mitochondrial Encephalomyopathy. Encephalomyopathies are rare genetic disorders causing neuromuscular junction dysfunction.

Lactic Acidosis
Lake of Acidic-lemon
The "LA" in MELAS stands for Lactic Acidosis. Lactic acidosis is a form of metabolic acidosis that begins when a person overproduces or underutilizes lactic acid.

Stroke-like Episodes
Stroke-crew TV-Episodes
The "S" in MELAS stands for "Stroke-like Episodes". These episodes mimic strokes but their pathophysiology is different than that of true vascular events. These episodes can present with unilateral muscle weakness, visual abnormalities, or confusion.

Considerations

Muscle Weakness
Weak-drooping-muscle
Patients with MELAS often experience muscle weakness due to mitochondrial dysfunction.

Seizures
Caesar
Patients with MELAS may experience seizures. A seizure is a sudden, uncontrolled electrical disturbance in the brain. It can cause changes in behavior, movements, feelings, and level of consciousness.

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