



Understanding FND Symptoms

A Short Guide for Patients and Caregivers

Living with Functional Neurological Disorder (FND) can feel confusing, especially when symptoms change from day to day. FND involves changes in how the nervous system functions. These changes can affect movement, sensation, awareness, speech, cognition, and other neurological functions. FND symptoms are real and involuntary.

Why Symptoms Can Change

FND symptoms can fluctuate over time. Some days may feel easier, while others may be more difficult. The reasons for symptom fluctuations can vary between individuals and are not always clear.

Some people notice that their symptoms change in relation to factors such as:

- Fatigue
- Stress or emotional strain
- Illness or physical injury
- Sensory demands
- Physical activity or exertion

These factors do not affect everyone in the same way, and symptoms may sometimes change without an obvious reason.

A Key Thing to Remember

Changing symptoms do not mean the condition is imagined or "in your head."
Fluctuating symptoms are common in many neurological conditions, including FND.

Noticing patterns in symptoms and daily activities may help some people identify practical strategies that support their well-being and daily functioning.

Moving Forward

Understanding the condition and working with healthcare professionals familiar with FND can help people identify appropriate treatment, rehabilitation, and self-management strategies. Outcomes vary, and progress can look different for each person.

Learn More

Healing Horizons for Functional Neurological Disorder (HHFFND) provides educational resources and supportive tools for individuals and families affected by FND.

Website: healinghorizonsfnd.ca

Important Note: Healing Horizons for Functional Neurological Disorder provides educational resources and peer-support information. We do not provide medical advice, diagnosis, or treatment. Individuals should consult their healthcare providers regarding medical care.

References

1. Aybek S, Perez DL. Diagnosis and management of functional neurological disorder. *BMJ*. 2022;376:o64. doi:10.1136/bmj.o64.
2. Stone J, Burton C, Carson A. Recognising and explaining functional neurological disorder. *BMJ*. 2020;371:m3745. doi:10.1136/bmj.m3745.