

MLC Resources in India

The Indian guide is formulated based on the limited resources available. However we are continuously working on improving the network to help you get the best access to multidisciplinary care in your area.

Q: Are there medical facilities in India that specialize in caring for MLC patients?

At the moment, there are no dedicated centers for MLC patients, However, there are multiple institutions and hospitals with comprehensive neurological team and rehabilitation facilities that can be helpful.

Dedicated Treatment Centers- yet to start

You may consult your nearest Neurologist/ Pediatric neurologist.

One such center with the doctor who has seen patients with MLC and with a special interest in the disease:

- Kokilaben Dhirubhai Ambani Medical Research Institute and Hospital
Rao Saheb, Achutrao Patwardhan Marg, Four Bungalows, Andheri West, Mumbai,
Maharashtra- 400053, India
022-42696969
<https://www.kokilabenhospital.com/>
- PD Hinduja Hospital,
Veer Savarkar Marg, Mahim West, Mumbai, Maharashtra- 400016
022-67668181
<https://www.hindujahospital.com/>

Q: Who are some of the Indian physicians who specialize in caring for MLC patients?

Physicians

Dr. Jigyasha Sinha
Kokilaben Dhirubhai Ambani Medical Research Institute and Hospital, Mumbai
dr.jigyasha@gmail.com ; jigyasha.sinha@kokilabenhospitals.com

Dr. Vrajesh Udani
P. D Hinduja Hospital, Mumbai
Vrajesh.udani@gmail.com

Q: What are other organizations that offer information and resources related to MLC?

- MLC Families Association India (in the process of getting established)

Contact information is available for all centers on their websites/webpages. You are welcome to contact any center. If you need any assistance connecting with a Center, please let us know.

Q: Are there meetings or conferences that we can attend where updated information on MLC is presented?

- **ULF Family Conference**
 - <https://ulf.org/news/conference/>

Alliance MLC is also planning a Family Conference in India in 2025. You may visit www.AllianceMLC.org for up to date information.

Q: How can I connect with other families who are battling this disease?

- MLC Families Association India (in the process of getting established)

- Alliance MLC

www.AllianceMLC.org

- MLC Families Facebook Group (private)

<https://www.facebook.com/groups/2790334944418310/?ref=share>

Q: What are some resources for special types of equipment to help my loved one?

Equipment / Lifestyle Resources

Helmets are available at your local rehab center and can be customised.

Q: What are some other things that families can do to help supplement their loved one's medical care plan?

- Health & Wellness
 - Exercise
 - Nutrition Planning
 - Special education
- Types of Therapies
 - Physical Therapy
 - Occupational Therapy
 - Speech Therapy
 - Music Therapy
 - Aquatic Therapy
 - Hippotherapy

- Things to avoid
 - Head Trauma
 - Slippery / Uneven Walking Surfaces
 - Fatigue
 - Excessive Screen Time

Q: What if we are considering expanding our family?

Families who are considering having additional children after an MLC diagnosis should consider contacting a Genetic Counselor to discuss the potential risks associated with family additions. You should also discuss this with your concerned neurologist/ Pediatric neurologist.