

NIV AND MND

What you need to know

WHAT IS NIV?

- Non-invasive ventilation (NIV) is a recommended treatment for people with MND.
- NIV supports breathing when breathing muscles become weaker.
- NIV is sometimes called BiPAP (Bi-level positive airway pressure).
- NIV delivers pressurised air to the lungs via a mask worn over the nose or nose and mouth.
- NIV is usually worn at night when you sleep but can also be used during the day.

WHAT ARE THE BENEFITS OF NIV FOR PEOPLE LIVING WITH MND?



NIV may **increase life expectancy** in MND by an average of 6 to 18 months^{1,2,3}



NIV improves **quality of life**, including:

- energy levels
- mental health / mood
- social engagement
- carer wellbeing^{1,3,4}



NIV helps people **sleep better**^{4,5}



Some research suggests that **starting NIV earlier** may result in even **greater benefits**⁵



NIV **improves breathing symptoms** including:

- morning headaches
- fatigue
- shortness of breath^{3,4}



NIV keeps **breathing better** for longer^{1,3}



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FIGHT MND



1. Berlowitz et al. 2016 [doi: 10.1136/jnnp-2014-310055](https://doi.org/10.1136/jnnp-2014-310055)
2. Ackrivo et al. 2021; [doi:10.1513/annalsats.202002-169oc](https://doi.org/10.1513/annalsats.202002-169oc)
3. Bourke et al. 2006; [doi: 10.1016/S1474-4422\(05\)70326-4](https://doi.org/10.1016/S1474-4422(05)70326-4)
4. Baxter et al. 2013; [doi: 10.3109/17482968.2012.719238](https://doi.org/10.3109/17482968.2012.719238)
5. Vitacca et al., 2018. [doi: doi.org/10.1111/ene.13547](https://doi.org/10.1111/ene.13547)