CLÍNICA VIVALDI · FREE SHEET · SOMATIC SYMPTOMS

Disorder of functional neurological symptoms (conversion)

Real neurological symptoms (weakness, tremor, seizures, loss of sensation or vision) that are not explained by a neurological disease but by a malfunction of the nervous system.

COMMON SIGNS

- Weakness, tremors or seizures
- Tests show no damage
- Gets worse with stress

TIPS FOR YOU

1. Ask the neurologist for a clear explanation
2. Combined physiotherapy and psychotherapy
3. Gradually return to activity

FOR FAMILY AND FRIENDS

1. Believe them: the symptoms are real
2. Support them through rehabilitation step by step

WHEN TO ASK FOR HELP

1. With new neurological symptoms, get a medical assessment
2. If the seizures are frequent

TO OBSERVE AND NOTE DOWN

☐ I have weakness, tremors or movements I can't control

☐ I have had episodes like fainting or seizures

☐ I have temporarily lost feeling or vision

☐ My neurological tests have come back normal

☐ The symptoms get worse with stress

☐ The symptoms change or vary

☐ I find it hard to live a normal life

☐ I've been told "it's nothing" and haven't felt believed

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-sintomas-neurologicos-funcionales-conversion
- Free guidance call with our team: clinicavivaldi.com/#orienta
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112