

Hereditary Multiple Exostoses (“HME”), or Multiple Osteochondromas (“MO”)

Information for caregivers in case of emergency visit during a holiday

This person has been diagnosed with the rare bone disorder "Hereditary Multiple Exostoses - Multiple Osteochondromas" HME-MO. This may be relevant for the request for help, therefore this leaflet contains some brief information on HME-MO.

HME-MO is a rare skeletal disease in which the long bones, ribs, shoulder girdle, pelvis and vertebrae can be affected. Characteristic are the many benign, cartilage capped tumors (exostoses or osteochondromas) which might also sometimes have a bursa.



Osteochondromas are rather erratic in shape and vary from a pointed osteochondroma directed away from the joint to a wide, swollen distortion. Someone diagnosed with HME-MO can have a few to dozens of osteochondromas.

Pressure exerted by osteochondromas on surrounding tissue, such as muscles, tendons, nerves, and blood vessels, can cause various problems. Pain and motion or mobility issues can occur.

For more information in English, please see <https://www.hme-mo.nl/english> or <https://www.mhecoalition.org/abcs-of-mhe>. or the following article: ***Pain, Functioning and Quality of Life in Individuals with Multiple Hereditary Exostoses*** from: Bone Joint Surg Am, Volume 94-A d number 11 d June 6, 2012, AL Goud et al.

For urgent medical questions you can contact the HME-MO Expertise Center at the OLVG Hospital in Amsterdam, the Netherlands. Department of Orthopedics, Esther or Margaret. Tel. +31 20 510 88 84. For general questions you can contact the HME-MO Vereniging Nederland. Email: info@hme-mo.nl tel. +31 516 451 760 or +31 499 479 293.