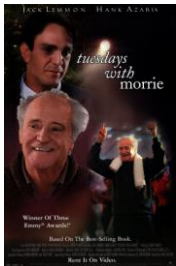
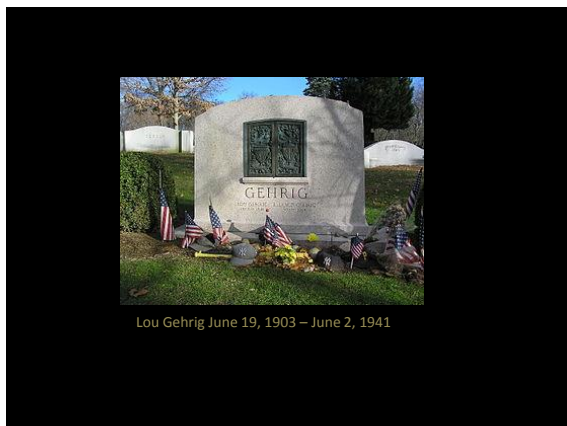


What people see as Lou Gehrig's Disease



July 4, 1939



Lou Gehrig June 19, 1903 – June 2, 1941

What does a neurological disease look like?



A closer look at ALS

- Amyotrophic Lateral Sclerosis (ALS), or Lou Gehrig's Disease
- A progressive, degenerative, neurological condition of unknown origin
- Affects people of both sexes, all races, and all walks of life; Adult risk is 1:500
- People diagnosed with ALS have their lives cut dramatically short
 - On average a life expectancy of only two to five years
 - Only half live past three years after diagnosis
 - Only one out of ten patients will live for more than ten years
- In 2013, 80 people with ALS in ALSAIN database died
- In 2013, 90 people in the ALSAIN database were diagnosed with ALS
- At any given time, there are about 350 people in the ALSAIN database with ALS
- The average age for a person who is first diagnosed with ALS is 55
- Military Veterans are twice as likely to get ALS
- Often misdiagnosed

- The progression of the disease for most patients is very fast; not a steady decline
- Each person with ALS has a different presentation of symptoms
- The outcome is always the same: premature death
- As the disease progresses:
 - The person is robbed of life-sustaining functions
 - Eating
 - Drinking
 - Swallowing
 - Breathing
 - All while the person remains:
 - Cognitively intact
 - Alert
 - Feeling
 - They are still the same person
 - Their strength diminishes:
 - Their breathing becomes increasingly more labored and shallow
 - Their speech fades
 - They can no longer swallow safely
 - They require increasingly more care.

How can you help people who are affected by ALS...



Indiana Chapter

Create a world without ALS.

Approaches for progressive Neurological Diseases

“I am not dying but I am living with a disease that can utilize technology which will perhaps indefinitely prolong my life. I am still a useful being and will do everything to stay alive.”

“I know what quality of life means for me. For the time I feel I have an acceptable quality of life, I choose to live with this disease.

That said, I have chosen not to utilize certain interventions to prolong this disease. “

Critical Periods for Patient and Family Stress

- Receiving a diagnosis
- Early signs of disability
- Need for occupational changes
- Losing ability to drive safely
- Feeding tube, breathing assistance (ALS)
- Emergence of severe health problems
- Considering home health
- When out-of-home placement is being considered
- Considering palliative care and hospice



**HIGH CALORIE
PROTEIN SHAKE**

I am a caregiver for someone.

If I am incapacitated, please immediately notify:

My loved one is dependent upon me and requires assistance.

Thank You.

I am a caregiver for someone.

My Name is: _____

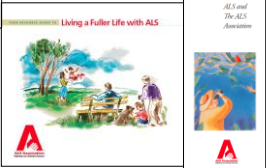
The people listed on the other side of this card are individuals that NEED to be notified. The loved one I take care of requires immediate assistance.

ALS Association
www.alsindiana.org
(317) 925-8888
info@alsindiana.org

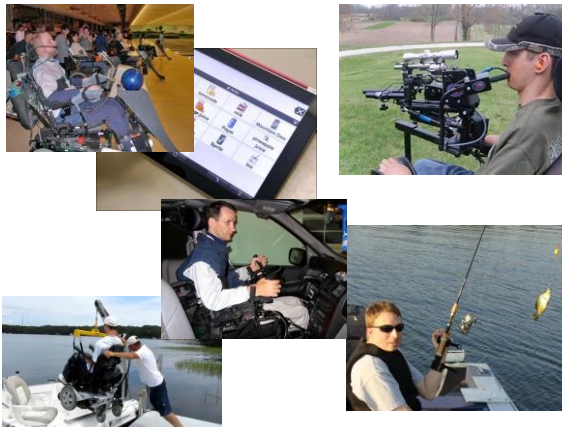
- Living With ALS Videos
- Mobility, Activities of Daily Living, Home Adaptations
- Adjusting to Swallowing Difficulties and Maintaining Good Nutrition
- Communication Solutions and Symptom Management
- Clinical Care Management
- Adapting to Breathing Changes and Use of Noninvasive Ventilation

fyi...
for your information

- Benefits
- Caregivers Topics
- Newly Diagnosed
- For People with ALS
- Research / Clinics
- Speech / Swallowing







Thank you for your interest
in learning about ALS and
The ALS Association Indiana Chapter.

You will have many opportunities
to improve the lives of people
with ALS and their friends and families.

CARE GIVER PRAYER

As I stumble through this life, help me to create more laughter than tears, dispense more happiness than gloom, spread more cheer than despair. Never let me become so indifferent that I will fail to see the wonder in the eyes of a child or the twinkle in the eyes of the aged. Never let me forget that my total effort is to cheer people, make them happy and forget at least for a moment all unpleasant things in their lives.

And, in my final moment, may I hear you whisper:

"When you made My people smile, you made Me smile."