



Your ALS Newly Diagnosed Guide will walk you through the most important things you need to know and do after your diagnosis. Find trusted information, helpful tips, and video clips with ALS experts.

The Diagnosis

- Early Symptoms
- Diagnosis Process
- Second Opinion
- Coping with ALS
- Sharing the Diagnosis

Next Steps

- ALS Clinics
- Support Services
- Health Insurance
- Employment
- For Veterans

Planning Ahead

- Medical Equipment
- Medical Decisions
- Advance Directives
- Living with ALS
- For Caregivers

Learn More

- Clinical Trials
- Approved Drugs
- Alternative Treatments
- ALS Resource List
- Get Involved

Visit www.yourALSguide.com/newly-diagnosed

Your ALS Guide is the leading educational website for people living with ALS, caregivers, family, and friends. We hope to answer your questions, connect you to resources, save you money, expand your support network, and generally make life with ALS a little easier. Your ALS Guide was inspired by Myna Stroth's courageous battle with ALS. Our family teamed up with her former ALS Association Director of Care Services to create this resource for families facing similar challenges.