

What is ALS?

Your
ALSguide

ALS (amyotrophic lateral sclerosis) is a neurodegenerative disease that attacks motor neurons, weakens voluntary muscles throughout the body, and leads to paralysis.



ALS can affect anyone. The average age is 55-75. An estimated 30,000 people in the U.S. have ALS. Over 5,000 people are diagnosed each year. Average life expectancy is 3-5 years after initial symptoms, but 10% of people live more than 10 years and 5% live more than 20 years.

ALS is also known as Lou Gehrig's disease or MND.

CAUSE



About 90% of cases = Unknown
About 10% of cases = Inherited

SYMPTOMS

Early signs may include:

- Progressive weakness
- Difficulty walking
- Difficulty grasping objects
- Muscle twitching
- Slurred speech
- Difficulty swallowing
- Shortness of breath

Every **90** minutes someone is diagnosed and someone dies from ALS.

Military veterans are more likely to develop ALS.

There is no cure.



DIAGNOSIS

No one test can diagnose ALS
It can take months or 1+ year

WHAT CAN I DO ?

1. Attend an ALS clinic.
2. Register with an ALS organization.
3. Develop a local support network.

Your ALS Guide is a free educational website for families impacted by ALS. It includes practical tips, trusted information, in-depth guides, videos with experts, helpful resources, and more.



www.yourALSguide.com

