

# AMYOTROPHIC LATERAL SCLEROSIS - ALS

Amyotrophic Lateral Sclerosis, or ALS, is a nervous system (neurological) disease that causes muscle weakness and impacts physical function.

ALS is often called Lou Gehrig's disease, after the famous baseball player who was diagnosed with the disease. ALS causes nerve cells to gradually break down and die.

ALS often begins with muscle twitching and weakness in an arm or leg, or sometimes with slurred speech. Eventually, ALS can affect the ability to control the muscles needed to move, speak, eat and breathe.

Early signs and symptoms of ALS include:

- Difficulty walking, tripping or doing normal daily activities
- Weakness in legs, feet or ankles
- Hand weakness or clumsiness
- Slurred speech
- Trouble swallowing
- Muscle cramps and twitching
- Difficulty holding head up

The disease frequently begins in the hands, feet or limbs, and then spreads to other parts of the body. As the disease advances, muscles become progressively weaker. This weakness eventually affects chewing, swallowing, speaking and breathing.

BLACKBURN'S staff will match patients' needs with the proper equipment and supplies that allow them to continue their current activity level at home.

The following list is an example of equipment and supplies a person might need with the diagnosis of ALS.



Create a world without ALS.

For local support resources, contact

[www.alsa.org](http://www.alsa.org)

## Medical Supplies

Adult Briefs  
Liners and Underpads  
Suction Units  
Tracheostomy Supplies  
Urological Supplies  
Wound Care  
Enteral & Supplemental Nutrition

## Mobility Equipment

Scooters, Walkers & Rollators  
Standard & Complex:  
Manual or Power Wheelchairs  
Assistive Technology Professionals (ATPs)

## Home Accessibility

Stair Lifts  
Vertical Platform Lifts  
Portable & Modular Ramp Systems  
Certified Environmental Access Consultant  
(C.E.A.C)

## Ventilator Program

Trilogy 100 Ventilator  
Ventilator Supplies  
Cough Assist  
Respiratory Therapist

## Bathroom Aids

Shower Chairs  
Bedside Commodes  
Grab Bars

## Support Systems

Low-Air Loss Mattresses



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