

# United in Health

## *Did You Know?*

More than 5,600 people are diagnosed with ALS each year. The average life expectancy is 2-5 years. There is no treatment or cure for ALS.



Stan and Diane's life would drastically change when Stan was diagnosed with ALS (Lou Gehrig's Disease) in December of 2011 at the age of 62. They first suspected something was wrong when he experienced unexplained weight loss and twitching of the muscles in one of his arms that lasted all day. Diane said, "With ALS, it's progressive and there is no drug or treatment available to stop it. So, the best we can do is focus on symptom relief."

Since Stan's diagnosis, the ALS Association has become a permanent and helpful fixture in their life. Every three months, they attend a multi-disciplinary ALS clinic where they can see all of the specialists they need in one visit. Diane said that the ALS support group is perhaps the biggest help. She said it is nice to be with people who are going through the same thing. "It makes a tough thing easier and it's educational too. We learned things about the care of a person living with ALS even before Stan needed them. It was nice to know what to expect and to prepare in advance for what might happen," Diane explained.

When you give to Community Health Charities of Nebraska and the ALS Association Keith Worthington Chapter, you are helping to make sure that those facing chronic diseases, like Stan and Diane, have the critical support and programs that they need.

