

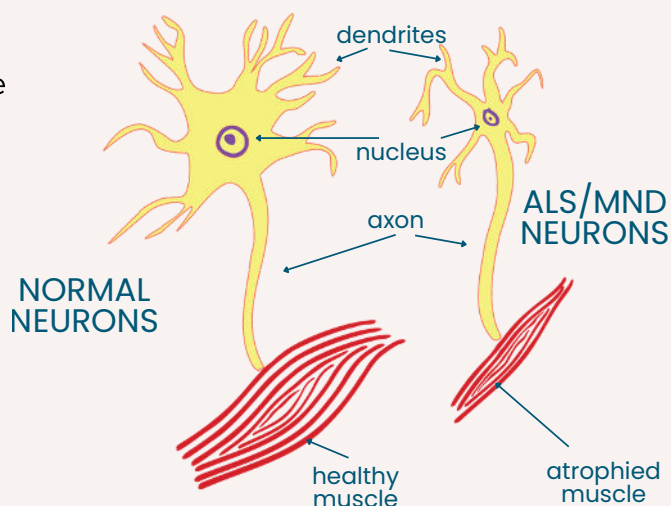
WHAT IS ALS/MND

ALS is a disease that affects how a person's body moves. It stands for Amyotrophic Lateral Sclerosis, but most people just call it ALS.

Humans have lots of neurons in their bodies. Neurons are specialized cells that carry messages from one part of your body to another. ALS/MND happens when the neurons or message cells stop talking to your muscles. Think of it like when the phone cuts out, and you can't hear the other person. When this happens to the body, a person with ALS can't use their arms or legs because the muscles don't know what to do. When muscles no longer work, we call that atrophy.

On the left side of this picture, you can see how the neurons or nerve cells look when they work with your muscles in a healthy body.

On the right side you see how the nerve cells are weak and no longer able to send messages to the muscles. Eventually, they stop working at all.



What does that mean?

What does that mean? It means that the muscles we use to move, swallow, and even breathe become affected by ALS. As time goes on, the muscles affected stop working, then ALS spreads to other parts of the body. When this happens, and those muscles are atrophied, they will either no longer work or the person will use something to do the work for the muscles for them, like a breathing machine.

Can ALS be cured?

Right now, there is no cure for ALS. Doctors and caregivers help people with ALS stay as comfortable and supported as possible. There are also many people working hard to learn more and find better treatments.

What does ALS look like?

ALS can look different for each person, but some common changes include:

- Muscles getting weaker
- Trouble walking or needing to use a wheelchair
- Difficulty talking or being understood
- Needing help eating or breathing
- Getting tired more easily

Even though the body changes, the person is still the same on the inside. They still think, feel, love, and care just like before.

Why does the person with ALS need help with things they used to do on their own?

ALS makes the muscles weaker over time. Even though the person still knows how to do things, their muscles don't always listen to the brain like they used to. Tasks like walking, talking, eating, or using their hands can become harder and more tiring. Getting help keeps them safe, comfortable, and able to save their energy for the things that matter most.

Finding out someone has ALS can be hard and scary. It's normal to feel:

- Sad or worried
- Confused
- Angry or frustrated
- Lonely — even when people are around
- Like you want to ask lots of questions

You don't have to fix ALS, that's not your job. What is important is:

- Asking questions when you have them
- Talking to someone you trust
- Taking breaks and being a kid
- Showing love in small ways

Sometimes just being there matters more than anything else.

Looking for more resources?



Our Mission: To unite and empower the ALS community through a collaborative approach of providing comprehensive care and support to individuals and families affected by ALS, advancing national and state advocacy, and fostering bold research initiatives.



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