



For More Information

If you need more information about our services, please call (518) 525-1629 or email ALSRegionalCenter@sphp.com.

The center is affiliated with St. Peter's Health Partners – a comprehensive not-for-profit network of high-quality, advanced medical care, primary care, rehabilitation, and senior services.

How is the Center Funded?

There is no charge for most services provided directly by the center. Medicare, Medicaid and other third-party medical insurance reimbursements are accepted forms of payment for physician and rehabilitation staff services. A program of St. Peter's Hospital, the center also receives financial assistance from the Muscular Dystrophy Association (MDA). The center supports its valuable mission through individual and corporate gifts, memorial donations and fundraisers. We are grateful for the generous contributions of patients, families and others. Contributions are tax deductible to the extent allowed by law.

How You Can Help

Your help can sustain our efforts.

- Tell someone you know about the center. More than half of the people who have come to the center for help have heard of us through family and friends.
- Support the center. Your contribution can help make a difference in the lives of people with ALS and their families. Donations can be mailed directly to the ALS center or made online at www.givetostpeters.org/donate. Use the dropbox labeled "Designation," and choose St. Peter's ALS Regional Center.
- Join a dedicated group of volunteers who support ALS patients, staff and fundraising events to benefit the ALS center. Volunteer support is vital.
- Attend a benefit for the center or become an underwriter for an event.


Please visit our website at www.sphp.com/als-center-sph to learn more about how you can help.

To donate to the center, visit www.givetostpeters.org/donate.

The St. Peter's Hospital ALS Regional Center is committed to serving the needs of people with ALS and will continue to bring quality care and hope with your support.

ALS REGIONAL CENTER
Lewis Golub MDA/ALS Clinic
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518-525-1629


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 **St Peter's Hospital**
ALS Regional Center
Lewis Golub MDA/ALS Clinic

ST PETER'S HEALTH PARTNERS

Amyotrophic Lateral Sclerosis (ALS) Regional Center



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ST PETER'S HEALTH PARTNERS

St. Peter's Hospital ALS Regional Center in Albany, New York, was established in 1988 to provide people with ALS and their families with a comprehensive and specialized blend of services and resources.

The center provides both a medical and an emotional system of support to help maintain quality of life throughout the course of the disease.

Once considered a rare disease, it is estimated that more than 30,000 Americans have the disease at any given time. Approximately 7,000 people in the United States are diagnosed each year, usually between ages 35 and 70.

ALS affects people of all racial, ethnic and socio-economic backgrounds. Some of the more well-known people affected by ALS are: baseball's Lou Gehrig and "Catfish" Hunter, actors David Niven, Sam Shephard, and Michael Zaslow, renowned physicist Stephen Hawking, and NFL players Steve Gleason and Dwight Clark.



What Is ALS?

Amyotrophic lateral sclerosis (ALS), sometimes called Lou Gehrig's disease, is a degenerative neuromuscular disease affecting motor nerve cells in the brain and spinal cord. Typically, the first visible signs of ALS are weakness in the hands or legs, or slurring of speech. Eventually, the disease leads to paralysis of the "voluntary" muscles with loss of speech, swallowing and breathing capabilities. ALS can progress rapidly or can plateau for unpredictable periods of time. Throughout the course of the disease, the mind remains alert in most cases. Cognitive changes may occur. Vision, sensation, hearing, taste, smell, sexual function, and the muscles of the eyes, bowel and bladder are generally not affected.

What Causes ALS?

Although ALS was first described in detail in 1869, its cause, cure and means of prevention are still unknown. ALS may be an autoimmune disease, genetic mutation, the result of a biochemical or metabolic abnormality, a slow-acting virus, or environmental toxin. Scientists continue to research these ideas and other possible causes. Important ongoing research continues to bring hope.

Who Gets ALS?

The most common form of ALS in the United States is known as "sporadic." Sporadic ALS accounts for approximately 90 percent of ALS. The hereditary or familial form accounts for approximately 5 to 10 percent. Researchers have identified defective genes and studies continue.

Our Care Team

The center is staffed with nurse case managers who work closely with an interdisciplinary team. The team includes ALS nurses, physicians, social workers, physical therapists, occupational therapists, speech pathologists, nutritionists and respiratory therapists. Neurologists, pulmonologists and gastroenterologists are available for consultation.

Our Services

The services offered by the center include:

- A multidisciplinary clinic
- Individualized assessment and programming on both an inpatient and outpatient basis
- Individual and family counseling
- Nursing case management
- Home visits by various team members, when possible
- Telephone and at-home consultation to people throughout the many regions of New York served by the center



Our Services continued...

- An information and education support group for people with ALS, their families, and caregivers
- A monthly caregivers support group
- A monthly bereavement group
- Medical equipment (including power wheelchairs and augmentative communication devices) are available on loan through the center at no charge
- Bereavement follow-up
- In-service training, consultation and education about ALS for health care professionals and agencies
- Local and national awareness and advocacy
- Support to ALS research
- Collaboration with MDA (Muscular Dystrophy Association) and the ALS Association
- A website

