



St. Peter's  
ALS Regional Center

A Member of St. Peter's Health Care Services

Lewis Golub MDA/ALS Clinic

**Muscular Dystrophy Association, Golub Corporation Join St. Peter's to Expand Patient Services at St. Peter's ALS Regional Center**

St. Peter's Hospital and the Muscular Dystrophy Association have begun a formal affiliation to expand services at the medical clinic located in St. Peter's ALS Regional Center, the region's only medical and counseling service devoted exclusively to the care of patients with the fatal, degenerative neuromuscular condition known as "Lou Gehrig's Disease."

Along with financial support from MDA and The Price Chopper MDA Golf Classic, the clinic has been named the **Lewis Golub MDA/ALS Clinic** in honor of Lewis Golub, who died of ALS (Amyotrophic Lateral Sclerosis) in 2009.

St. Peter's ALS Regional Center, located at 19 Warehouse Row, Albany, is the only clinical program for those living with ALS in a 17-county region between Syracuse and Manhattan. The ALS Regional Center incorporates a clinical model that offers all disciplines of care in one clinic visit which minimizes the difficulties associated with the challenges of this debilitating disease.

"Through this affiliation with the MDA and additional financial support from The Price Chopper MDA Golf Classic, St. Peter's will be able to offer enhanced services in addition to those services currently offered, most free of charge to ALS patients and their families," said Steven P. Boyle, president/CEO of St. Peter's Health Care Services. "Thanks to these valuable partnerships, St. Peter's will also be able to expand the social work staff at the ALS Regional Center and provide additional equipment to help ALS patients to communicate."

St. Peter's ALS Regional Center offers medical and emotional support, rehabilitation therapy, consultation and education to ALS patients. The Center also provides home visits, as well as guidance and support via telephone, to patients who are too sick or disabled to visit the Center.

The MDA is the world leader in ALS research and services, providing an aggressive, cure-driven research program that includes the largest ALS drug discovery project in history (the ALS Therapy Development Institute in Cambridge, Mass.), as well as specialized medical care at 36 MDA/ALS centers and 220 general MDA clinics throughout the country.

Both the MDA clinics and St. Peter's ALS Regional Center loan medical and assistive communication equipment to patients each year to assist in their mobility, speech and breathing. More than 600 pieces of equipment were loaned by St. Peter's ALS Regional Center in 2009.

"MDA began its ALS effort after being contacted by Lou Gehrig's widow, Eleanor, in the early 1950s, said David Feenan, regional vice for MDA. "In the decades since then, MDA has expended more than \$250 million in its battle against ALS."

"While individuals with ALS maintain their mental faculties, they gradually lose their ability to move, speak, swallow and breathe," said Karen Spinelli, director of the ALS Regional Center. "When you advocate for those who cannot themselves, when you believe in your mission of making a true difference and when you bring hope when little can be found, the support of the families and communities you serve will always prevail. That has been the survival of this valuable program."

"For most families, the cost of nursing, therapy, equipment and care can be overwhelming and it is seldom covered by private insurance plans," said Spinelli. "The new Lewis Golub MDA/ALS Clinic funding will allow us to expand the medical and counseling services that now support 130 ALS patients a year at little or no cost to these patients or their families."

If it were not for the St. Peter's ALS Regional Clinic, patients would have to travel inordinate distances to receive adequate clinical attention and care.

The ALS Regional Center also provides ALS management and education to the community and health care professionals. It also offers patient and caregiver support groups along with advocacy for the needs of ALS patients both locally and nationally.