



AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF CANADA
SOCIÉTÉ CANADIENNE DE LA SCLÉROSE LATÉRALE AMYOTROPHIQUE

Try Our ALS Quiz!

See how much you know about ALS

Which of the following is true about ALS?

- Muscle weakness in hands, arms, legs, or the muscles of speech, swallowing or breathing
- Cramping of muscles or twitching
- Impairment of the use of arms and legs
- Does not discriminate based on age (after childhood), race or gender
- Shortness of breath and difficulty swallowing
- 2,500 to 3,000 Canadians are living with an ALS diagnosis at any time
- Difficulty projecting the voice
- Scientist are searching for treatments and a cure
- Life expectancy is typically between two to five years
- Sense of sight, touch, hearing, taste and smell are unaffected
- All the above

If you checked “all of the above,” you’d be right!

Amyotrophic Lateral Sclerosis (ALS), more commonly known as Lou Gehrig’s disease, is a rapidly progressive and fatal neuromuscular disease that causes the degeneration of nerve cells in the brain and spinal cord. As the nerve cells die, people with ALS lose control of their muscles, which makes breathing, eating and even smiling almost impossible. Eighty per cent of those diagnosed will die within two to five years.

JUNE IS ALS AWARENESS MONTH

What would you do while you still could?

Find out more at www.als.ca or call 1-800-267-4257