



ALS Facts and Talking Points

Included below are talking points that you can use during your recruitment and fundraising efforts. When reaching out for support, make sure to also share why you are personally involved with the cause. Incorporating this messaging into your ask can make a big impact towards driving action and participation from your friends and family.

Money that is raised from the Strike Out ALS 5k and 1 Mile Run, Walk & Roll will help the Les Turner ALS Foundation fulfill its mission which includes:

- Providing people living with ALS, their families and caregivers exceptional clinical care and support services
- Advancing scientific research into the causes, treatments and prevention of ALS
- Increasing awareness and education of ALS

ALS Facts

- Amyotrophic Lateral Sclerosis (ALS) is a progressive disease that causes muscle weakness, difficulty speaking and swallowing and generally, complete paralysis
- 90-95% of ALS cases are sporadic, meaning there is no family history of the disease
- The lifetime risk of developing ALS is 1 in 300.
- There is no known cure for ALS

Les Turner ALS Foundation

Founded in 1977, the Les Turner ALS Foundation is the leader in comprehensive ALS care in Chicagoland. Although we're one of the largest independent ALS groups in the country, we treat each person like family and we're committed to supporting them every step of the way. Our individualized approach ensures each person living with the disease receives the best quality of care, and our local community of support provides their loved ones with answers and encouragement. Our Les Turner ALS Center at Northwestern Medicine is led by the most well-respected and successful researchers in the field, advancing vital care and research in pursuit of life-enhancing treatments and a cure.

Did you know...

- \$1,000 provides round trip transportation to and from the Lois Insolia ALS Clinic for three patients.
- \$500 purchases a tablet for individuals with ALS to conduct regular telehealth visits with their comprehensive care team and communicate their needs.
- \$250 pays for adaptive items to help make everyday tasks easier for a person with ALS, such as eating utensils, neck braces and splints for weakened extremities
- \$100 funds four hours of respite care to give the primary caregiver time away to help prevent burnout