Greetings from the Emory ALS Center Team,

We hope this Fall Issue of the Emory ALS Center newsletter finds you enjoying the cooler days and changing colors of the season. It has been a busy summer for our team and there is no slowing down in the next few months that lead to the end of another year.

Our biggest news from summer is congratulations to our team for performing the final stem cell transplant in the "Phase II, Open-label, Dose Escalation and Safety Study of Human Spinal Cord derived Neural Stem Cell Transplantation for the Treatment of Amyotrophic Lateral Sclerosis." This is a major milestone for this trial (sponsored by Neuralstem, Inc.) as well as for the progress of testing stem cell therapeutics for ALS. We have now completed 18 surgeries in 15 patients during Phase I, and another 18 surgeries in 15 patients in Phase II, with the final 3 patients in each Phase receiving transplants into the lower (lumbar) spinal cord as well as the upper (cervical) spinal cord. The final results from Phase II trial will not be available for some months. Information on additional stem cell transplant research will be posted on the web site as soon as it is available.

The Ice Bucket Challenge campaign has put ALS in the forefront of the media for the past several weeks and we hope this is only the beginning of more public involvement. Read on as we share some reflections of the ice bucket challenge and you can click through to see videos from our team. Also in this issue we share nutrition tips for Increasing Calories and Protein in the diet. There is much in ALS that you cannot control but there is much that you can control, especially maintaining your weight. In our events section, you’ll see pictures and a recap of the Terance Mathis Celebrity Golf Classic which was a great success.

Our next fundraiser is the Run for Jeremy 5k - less than TWO WEEKS away! We hope to see many of you there.

Get involved because YOU are part of our team! Make sure to check the How You Can Help page on our website for updated details and announcements.

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We have no clinical trials recruiting patients at this
The great **Ice Bucket Challenge of 2014** may be winding down, but we hope the impact of it will be long lasting; in fact, our hope is that this is finally the start of heightened awareness of ALS, giving and funding for research and clinical care.

We polled some of our team to get their reflections and observations on the **Ice Bucket Challenge campaign**:

**Christina Fournier, MD - ALS Neurologist** - "It has been exciting to see the ice bucket challenge generate so much awareness and money for ALS. I am very optimistic that the money raised will provide better clinical care for patients with ALS and advance research so that we will one day be able to cure this terrible disease."

**Meraida Polak, RN, BSN - Clinical Research Director** - "Now I feel like I can say 'ALS' instead of what I have been saying for 30 years, 'ALS-you know, Lou Gehrig's disease.' Now everybody knows what ALS is."

Our whole team took the ice bucket challenge on August 20th, and many others, including clinic volunteers and family members, did it individually. [CLICK HERE](#) to see all the videos.

**Increasing Calories and Protein in Your Diet**

Nutrition tips by Erin McAllister, Dietician

Getting the right nutrition for anyone can be challenging, but ALS patients have even more obstacles because of difficulties in chewing and swallowing. Adequate nutrition is necessary to maintain a healthy weight, and the energy needs of pALS is higher than someone who doesn't have ALS so weight loss and insufficient energy intake may accelerate the progression of the disease. To make up for lost calories and protein, it is important for individuals with ALS experiencing weight loss to...
RECAP of Terance Mathis Celebrity Golf

Terance Mathis, former All-American and Pro Bowl wide receiver for the Atlanta Falcons announced that his September 15, 2014 Celebrity Golf Classic for ALS was big success. This is the second year Mathis partnered with Cure for ALS to host the event benefiting the Emory ALS Center. The tournament was held at Alpharetta Athletic Club in Alpharetta, GA.

READ FULL PRESS RELEASE HERE...

Tips to Increase Calories

- Use heavy cream or whole milk when a recipe calls for milk.
- Add gravies and sauces to meats, pasta, rice, and vegetables.
- Fry or sauté foods in butter, margarine, or vegetable oil.
- Add dried fruits, such as dates, figs, prunes, and raisins to cereals and bake them in breads, cookies, and muffins.
- Whenever you can, use extra butter, cream cheese, jelly, margarine, mayonnaise, oil, sugar, syrup, and sour cream.
- Add ice cream or frozen yogurt to soft drinks for a cool treat.
- Make smoothies using high fat ice cream and fruit (fresh or frozen). Try adding peanut butter to your smoothies and milk shakes for extra calories and protein.

Tips to Increase Protein

- Add chopped, hard-boiled eggs to casseroles and salads.
- Beat eggs into cooked potatoes and sauces. Be sure to cook these dishes a bit longer after you add raw eggs, this will kill any harmful bacteria.
- Add powdered milk to casseroles, cream-based soups, mashed potatoes, meatloaf, sauces and even in your regular milk.
- Make a sauce by mixing cream soup and milk together when baking meat, chicken of fish.
- Mushrooms add nice flavor to cream sauces.
- Use eggs as a binder when making hamburgers and meatloaf.
- Add shredded cheese to bread, casseroles, eggs, grits, pasta, potatoes, rice, sandwiches, sauces, salads, soups, or vegetable dishes.
- Whenever possible, use milk instead of water in beverages and in cooking.
- Spread peanut butter on crackers, fruit slices, pancakes, toast and waffles; or use as a dip for raw carrots and celery.
Don’t Miss the Run for Jeremy!

Run for Jeremy 5K is Saturday, October 4, 2014

The 5th annual Run for Jeremy 5k is under two weeks away! It is easy to register online -- CLICK HERE TO REGISTER TODAY.

Run for Jeremy is a 5k race that was started in 2010 in honor of Jeremy Williams, former football coach of Greenville High School. Friends of the Williams family are the organizers of this event that brings out the entire community. Runners from all over Georgia, others from Alabama, pay tribute to Jeremy by running for the Emory ALS Center.

Join us at Harris County High School in Hamilton, GA on Saturday, October 4, 2014.

All event information, including packet pick up, course map, and venue address can be found at www.runforjeremy.com.

Honor or Memorial Giving

Charitable giving helps bring positive change to medical research and patient care. In both these venues, progress requires funding for people to generate the ideas and do the work, and for materials and equipment that are essential for accomplishing our goals. You can celebrate the life of a loved one through honorary or memorial gifts. Donations can be made online or via direct mail. CLICK HERE to make your gift today.

SkyMiles for Emory!

You Can Help Our Team Attend

Each year one or two members of our Emory team attend the International Symposium on ALS/MND. This
year’s symposium is in early December and we would like to be able for our entire team to have the opportunity to attend. **We are looking for frequent flyer miles to help fly our 10 team members to Belgium for the meeting.** If you are able to donate any Skymiles to sponsor a member of our team, please contact Karen Duffy.

You have been included in this newsletter as a service we offer at the Emory ALS Center. You will receive our quarterly newsletter, notification of upcoming conferences, symposiums, and special events. If you prefer not to be on this list, please contact Karen Duffy to be removed. No other person on the list is able to view your address and your information will not be shared.