Greetings from the Emory ALS Center Team,

It has already been a busy fall for us at the Emory ALS Center. In addition to several community events, we have been busy in the lab and at the clinic with research studies and clinical trials. Make sure to read the Research Update and consider participating in one of the studies currently recruiting. Nutrition is key to maintaining weight and keeping up with energy needs for an ALS patient. Erin McAllister shares some tips for pALS on adding calories and protein to your meals. The month of October is full of a variety of educational and fundraising events that you will want to check out - all are listed on the left.

Our website is a comprehensive tool for you to stay up to date. If you have not visited our site, take a look here and make a habit of checking in regularly.

Research News

Participate in the Fight Against ALS

ALS patients have never had as many opportunities to participate in research projects as they have today. We are actively recruiting for four studies listed below. Each project has its own inclusion an exclusion criteria. These criteria are spelled out on the specific clinicaltrials.gov websites.

- Immunosuppression, nicknamed NIP.ALS (novel immunosuppression protocol)
- Acthar
- Benefit ALS (tirasemtiv)
Biomarkers study

Stem Cell Trial in ALS - Phase II Begins

Phase II of our stem cell trial is now underway. The first patient underwent stem cell transplantation at Emory in early September, and a second patient underwent the same surgical intervention at the University of Michigan one week later. This represents an expansion of the trial to two sites, and we are hoping to include a third site in the near future. The ability to perform this surgery at other institutions is a necessary step for developing stem cell transplantation as a potential treatment for patients with ALS. Phase II calls for increasing doses of stem cell injections into the spinal cord, both the number of cells and the number of injections. We will keep this website updated as to our progress. We are excited to be moving forward with this important project.

Here is some more information about Phase II.

For more information on the Stem Cell Trial click here.

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 increase the calorie and protein content of their meals.

Tips to Increase Calories

- Use heavy cream or whole milk when a recipe calls for milk.
**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.](#)

- Add gravies and sauces to meats, pasta, rice, and vegetables.
- Fry or sauté foods in butter, margarine, or vegetable.
- Add dried fruits, such as dates, figs, prunes, and raisins to cereals and baked 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.

**Events Recap**

The Emory ALS Center was the grateful recipient of all funds raised at two recent events.
It was a gorgeous day at the Alpharetta Athletic Club on September 9, 2013 for the Terance Mathis Celebrity Classic. We had a full field of golfers who were paired with celebrity players from the NFL, NBA, NHL, and other sports media outlets. The clubhouse was full for an after-round reception and a moving presentation by former University of Alabama and NFL player Kevin Turner who is living with ALS. "This golf tournament to raise funds for ALS was one of the most humbling and fulfilling days of my life," said Terance. "Increasing awareness for this terrible disease that can hit anyone has deeply touched my heart and soul." Photos are posted on our Facebook page.

The date for next year's event is tentatively September 15, 2014.

The 4th annual Run for Jeremy 5k was held on October 5, 2013. This event brings the entire community of Harris County, as well as runners from the greater Atlanta area to support Jeremy Williams and his family and raise money for our ALS center. Once again, over 400 runners and walkers enjoyed a beautiful morning of racing. New this year, a 1 Mile Fun Run kicked off the morning, followed by the 5k race. Chance Walker was the Overall Male winner of the 5k, and Mary Clark was the Overall Female finisher. Many thanks to Laura Ann Mann, Jenny Bridges, and their team for another great event and for their continued passion and support. We are also grateful to the sponsors, volunteers who come out each year. Pictures will be posted here.

The tentative date for next year's Run for Jeremy is October, 4, 2014.

Watch for announcement for these and other events on our website!

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.