



Personal Experience  
Unwavering Optimism  
Passionate Collaboration

## **THE PURPOSE OF THE ALS WORLDWIDE PODCAST SERIES**

For more than seventeen years, we have been visiting with patients throughout the world, sharing information about the best way to deal with the symptoms and treatment of ALS. All modes of communication are utilized, including Skype, Go to Meeting, telephone, email, in person visits in homes all over the world, including the US, Europe, Asia, South Africa, United Kingdom, Asia and elsewhere.

To help facilitate patients having access to helpful medications, we have created podcasts, written and produced to put control fully back into the hands of those who need it the most – patients and their loved ones. Many of the topics we've included provide a great deal of information about self care, including medications and supplements, exercise and diet, massage and yoga, strengthening diaphragms, restorative measures and creating positivity.

Many of these podcasts include extensive information about the most beneficial symptom-relieving medications currently available for those with ALS. To facilitate access, we've included detailed prescription information on sheets that can be printed at home and taken to your local physicians, neurologists and pharmacies.

Putting control back into your hands is important. Having access to the most current, beneficial information means that you can become a knowledgeable, informative resource for yourself, for other patients, and perhaps most importantly, for local neurologists who oversee the care for many different neurological diseases. Our focus has always been singularly directed to support those with ALS/MND/ELA.

As you listen to these podcasts, be certain to download any of the prescription information and documents that you feel will be of greatest benefit for you. Bring a copy to your neurologist or physician and ask that a prescription be sent either to your local pharmacy or, if appropriate, to Hopewell Compounding Pharmacy. You'll find all information is understandable and readily available.