

Fold Line 1

Notes from my physician



To learn more about ALS, visit mda.org/disease/amyotrophic-lateral-sclerosis or contact the MDA Resource Center at 833-ASK-MDA1 (275-6321).



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Fold Line 2

My medications

Medication safety: To reduce the risk for respiratory suppression, consider lower benzodiazepines and pain medication doses when these medications are needed.

Swallowing: Individuals with ALS commonly have swallowing difficulty and are at risk for developing aspiration pneumonia.

DVT/PE: Patients with ALS have increased risk for deep vein thrombosis (DVT) and pulmonary embolism (PE) due to immobility. Symptoms of DVT include swelling, pain, and redness in the leg. Symptoms of PE can include shortness of breath and chest pain. When patients develop acute onset of dyspnea, chest pain, and hypoxia, consider PE and obtain chest CT angiography.

Fold Line 3

Emergency Room Alert Card



Amyotrophic Lateral Sclerosis (ALS)

Name _____

Date of birth _____

Insurance _____

Policy number _____

Neurologist/MDA Care Center _____

Primary care physician _____

Emergency Contact _____

Communication: As ALS progresses, individuals have difficulty communicating and eventually are unable to speak. This individual (**is / is not**) capable of communicating with medical staff.

Respiratory: Individuals with ALS are at high risk for chronic hypercapnic respiratory failure due to neuromuscular weakness. This individual (**does / does not**) use a home ventilator/BiPAP. When patient presents with respiratory symptoms, extreme caution should be taken to supply oxygen when there is no sign of coexisting lung disease. It is recommended to provide concurrent noninvasive ventilator support.

Fractures: Patients with ALS are at high risk for falls and fractures.

Instructions

Create wallet-size document:

Print this file on 8.5" x 11" paper in landscape orientation.

Cut along dotted line.

Fold along gray lines in the sequence shown.

Fill out information.

Keep in your wallet, purse, or wherever you carry your health insurance card.

① Fold in half lengthwise with image on outside



② Facing other side, fold right side inward



③ Fold left side inward, over right side

