

A bucket of ice

Have you taken the ice bucket challenge? What do you know about the disease you were raising funds for?

Amyotrophic lateral sclerosis (ALS), sometimes called Lou Gehrig's disease, is a rapidly progressive, fatal neurological disease that attacks the nerve cells responsible for controlling voluntary muscles.

According to the National Institute of Neurological Disorders and Stroke, ALS attacks nerve cells that control muscles

in the arms, legs, and face. Eventually use of limbs and speech stop. Voluntary movement is lost. And with that comes loss of the ability to breathe.

There is no test to diagnose it. There is no cure. And no one knows who will get it and who does not. Ongoing research is looking for answers.

Lou Gehrig was a baseball legend, the first baseman for the New York Yankees who developed the disease that ended his incredible career and his life.

