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In doing so, you'll be directed to a new page. But it is unclear how it works to slow the physical progression of patients with ALS. You can read common questions and learn about alcoholism by exploring the website. Click on the "Newcomers" link on the home page to navigate to information compiled especially for those new to the Al Anon group. These meetings occur either on the phone or online. Once you've done that, click on the "Classic Search" button on the bottom of the screen to see Al-Anon meeting locations. Clicking "My Location" Clicking the "My Location" button next to the search box will bring up a dialog box asking if the site has permission to access your location. MORE FROM QUESTIONSANSWERED.NET If you have a friend or family member struggling with an alcohol problem, you will often experience your own set of challenges that result from the addiction. This tube is called a PEG tube (percutaneous endoscopic gastrostomy). Perform an internet search for Al Anon meetings in your city to see if a local Al Anon group is active with meetings you could attend MORE FROM QUESTIONSANSWERED.NET Medically Reviewed by Christopher Melinosky, MD on November 19, 2021 Amyotrophic lateral sclerosis, or ALS, is a disease that attacks the nerve cells in your brain and spinal cord. You can refine the search to show you meetings held only on certain days of the week, too. Electronic meetings are also available, held via phone, instant messaging or chat boards online. Some Al Anon groups maintain websites. Whether your friend or family member is in recovery or not, your journey to take care of yourself can start by joining Al Anon. It's common for loved ones to feel powerless and hopeless as they watch the devastation that comes from alcohol addiction. Click on "Al-Anon" and then select the days of the week you'd like to attend. They include a blog, bulletin board and conferences that occur on the web. Click on "Al-Anon Meetings," which is the third from the left. In the final stages of the illness, only about a quarter of people can talk clearly enough to be understood. Respirator: It may be needed in the late stage of the disease to help you breathe. However, a small group, about 5% of those with ALS, have been able to survive for 20 years or more. There are two medications which have proven helpful in slowing the progression of ALS and extending the life of those who have been diagnosed with the disease. It often builds up in your mouth as swallowing becomes more difficult. When you click "Allow," the site will automatically drop a pin on the map to the nearest Al-Anon meetings to your location. Because meeting changes are changing daily, the website provides users with a link to follow that contains these updates. There is no known cure. But doctors do have treatments and therapies that can slow down or ease symptoms in you or a loved one. Researchers continue to study ALS, hoping to learn more about its causes and possible new treatments. It's commonly known as Lou Gehrig's disease, after the baseball player whose diagnosis and eventual death brought wide public attention to the illness. This condition kills the nerves that control motion in your body. In the first box, enter your location, then select how close you'd like to search. Next to the map, it will outline how many miles away it is from your address, the days of the week the meeting takes place, which is welcome, if there are handicap access and the phone number of the venue. Participation in Electronic Meetings If you aren't comfortable with participating in face-to-face meetings right away, but would still like to seek support, you still have the option of attending virtual meetings. Some of them include: Physical therapy and exercise: These keep your muscles strong and working as long as possible. Hot tub and whirlpool baths: These can ease your muscle spasms or cramps. Dietary counseling: This becomes really important when swallowing becomes a problem. Speech therapy: Specialists can help you learn ways to make your speech more clear when you talk or other methods of communicating, such as writing with pen and paper or an alphabet board. Occupational therapy: This can help you find ways to dress, bathe, and groom. When you use this website, it's possible to search for meetings by city, state or ZIP code that are between five and one hundred miles from your location. Too much of it can damage the cells). Following these guidelines could help you learn how to find Al-Anon meetings in your area. Visit the Al-Anon Website When you visit the Al-Anon website, you'll see a list of menu offerings along the top of the page. If you're seeking support from others who are sharing common experiences with a spouse, partner or family member struggling with alcoholism, then you may benefit from Al-Anon meetings. You can even take an online quiz to see if Al Anon might be helpful for you in your situation. Finding Meetings From the Al Anon home page, click "Al Anon Meetings" to find a meeting near you. When you look up the listings, you'll find more than 100 phone meetings occurring in the United States Eastern time zone that are not prerecorded and are happening in real time. Seeking Group Family Support It's possible to find additional opportunities for group family support services on the Nar-Anon website, as well. As the disease worsens, you lose the ability to walk, speak, swallow, and eventually, to breathe. About 1 person in 25,000 will be diagnosed with ALS. It's often helpful to ask questions, especially of veteran members who have been attending meetings for an extended period of time. Al Anon also has literature available for members to read so they can learn more about alcoholism and how it affects people. The Al Anon Website The main Al Anon website is full of information for people wishing to explore the organization. While they have been shown to push back the time when you'll need mechanical help to breathe, they can't fix damage already done. Edaravone (Radicalava), administered through IV, it is an antioxidant that can prevent damage to nerve cells from toxic substances called free radicals. Most of them die within 2 to 5 years of being diagnosed, usually because of respiratory failure. It's this website page where you'll be conducting your searches. Searching for Al-Anon Meetings Once you're directed to the page with the map, you'll be able to find Al-Anon meetings at a distance of five miles away up to 100 miles away from your location. Al Anon operates around the world as a means of support for those who love alcoholics. View privacy policy and trust info A variety of medications can lower how much saliva you make. The search tool enables you to enter your physical location and a search radius to find a meeting. A doctor will have to insert a breathing tube directly into your windpipe. Many people affected by someone else's alcoholism turn to Al Anon for help. Overview of Al Anon Al Anon is a group created to help friends and families of alcoholics. Joining Al Anon is free, and attending meetings is completely confidential, so you don't have to worry about others knowing you were at a meeting. Who Joins Al Anon? Al Anon has spiritual undertones, but it is not a religious group. A therapist can help you set up your home so it's easier for you or a loved one to move around. There are also a variety of tools and mechanical devices that can help if you have ALS: Splints, reach extenders, and grab-bars: They can help you get around as the disease progresses. Canes, walkers, and wheelchairs: They can help you stay mobile even as your ability to walk fades. Computerized voice synthesizers: These are available when you lose the ability to speak. (Glutamate carries chemical messages to your nerves. Members also get encouragement by telling stories of hope and strength, and they can get support if they're feeling overwhelmed and frustrated. The premise of Al Anon is to help those impacted by an alcoholic find a way to have peace, whether or not the alcoholic is still drinking. Some members speak freely and often at meetings, while others like to listen more than share. This includes not only friends and family, but also coworkers, employees and employers. © 2021 WebMD, LLC. Members don't engage in discussions about specific religious doctrine, and people of all faiths are welcome to attend meetings. Anyone who has been affected by someone else's alcohol consumption can attend an Al Anon meeting. You'll see a map of the United States and several options. The most common side effects include gastric distress, dizziness and bruising. Pain relievers or muscle relaxants such as baclofen (Gablofen, Kemstro, Lioresal) or diazepam (Diasat, Valium) can help ease cramps. This is called a tracheostomy. Feeding tube: As swallowing becomes harder, you might also need a doctor to insert a feeding tube into your stomach. The most common side effects include bruising, unsteady gait, and headache. Riluzole (Rilutek), taken orally, it helps reduce damage to your motor nerves by reducing the amount of glutamate in your system. All rights reserved. One of the most common medications is glycopyrrolate (Robinul). Doctors may prescribe drugs to help ease other symptoms of ALS, which may include: Constipation Depression Outbursts of laughter or crying Lack of sleep Fatigue Most treatments for ALS involve managing the symptoms of the disease as it worsens. Alateen meetings are also available for teenagers who have been impacted by alcoholism. How Does Al Anon Help? Al Anon meetings involve members sharing their experiences with each other (both good and bad). As those nerves die, you lose control of your muscles.

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