

## **Motor Neuron Disease (also known as ALS)**

Motor neuron disease (MND) describes a group of conditions that cause the nerves (motor neurons) in the brain and spinal cord to progressively lose function. With MND, messages from these nerves gradually stop reaching the muscles, leading them to weaken, stiffen and waste.

Amyotrophic lateral sclerosis (ALS. Often known as Lou Gehrig's Disease) is the most common type of MND. ALS often begins with muscle twitching, limb weakness and slurred speech. ALS affects the control of muscles, leading to a progressive weakening of muscles and eventually the ability to breathe. Its is a rare and incurable form of muscle degeneration.

For further information and access to support groups we recommend the MND Queensland information website below:

<http://www.mndaq.org.au/Get-informed/What-is-MND.aspx>