LES TURNER ALS FOUNDATION



## Inclusion Support & Education: ALS Clinical Research



Allison Bulat
Strategic Advisor of Community Engagement
Sean M Healey & AMG Center for ALS at MGH
NEALS



Judi Carey, RN
Research Access Nurse Manager
Sean M Healey & AMG Center for ALS at MGH
NEALS





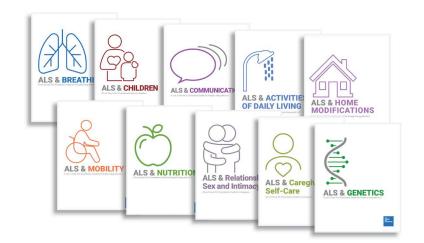
## The ALS Learning Series is made possible because of the Gilbert & Jacqueline Fern Foundation and our industry partners.



### **Online Education Tools**







My ALS Decision Tool™ can help you choose ALS care that's in line with your needs and values. This interactive tool explains ALS treatment options and includes reflection questions to help you decide what's right for you. Looking for in-depth information about ALS symptoms and care options? Les Turner ALS Foundation has you covered. We've created guides about key topics like nutrition, communication, mobility, and more.

## ALS LEARNING SERIES

aims to empower the ALS community through the latest information and insights. Educational webinars and interactive Q&A's covering a diverse array of topics, from nutrition to respiratory care, are offered monthly.

**Our online ALS Learning Series** 

LES TURNER ALS FOUNDATION

## Les Turner Symposium on ALS

### Monday, November 4, 2024

Join virtually or in person as leading ALS researchers, clinicians, advocates, and people living with ALS gather to discuss the latest research and perspectives on ALS.

It's an opportunity to ask questions, share insights, and engage with people striving to deliver the best possible ALS care — and it's a window into the future of treatment of the disease.

lesturnerals.org/symposium





Angela Genge, MD, FRCP(C)

We want to do whatever we can to facilitate the research and help find a cure for this disease so that others may live.





#### **NATIONAL ALS REGISTRY**

Learn how your participation can make a difference at cdc.gov/als



## INCLUSION, SUPPORT AND **EDUCATION:** ALS CLINICAL RESEARCH





Judi Carey, RN
Research Access Nurse

Allison Bulat
Strategic Advisor Community Engagement





# The Sean M. Healey and AMG Center for ALS at Mass General Hospital

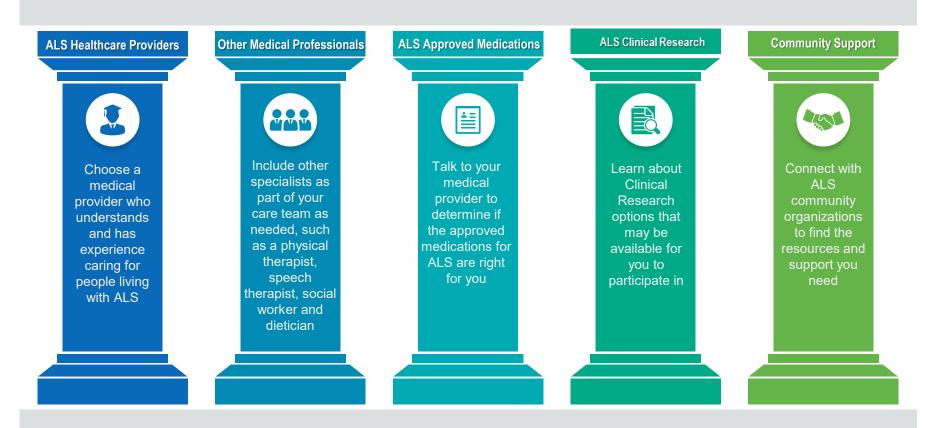




#### CONNECTING COMMUNITIES THROUGH INFORMATION

#### Pillars of ALS Care





What is Clinical Research, and why is it important?

## UNDERSTANDING CLINICAL RESEARCH



#### CONNECTING COMMUNITIES THROUGH INFORMATION

#### **ALS Clinical Research**

#### What is ALS Clinical Research?

ALS clinical research involves the participation of human volunteers in medical experiments and programs. Clinical research includes: 1) Clinical Trials 2) Observational Studies 3) Expanded Access 4) End of Life Tissue Donation Programs.



#### Why is ALS Clinical Research Important?

Clinical Research is the best way to get answers to questions about ALS including: What causes ALS? How can ALS be diagnosed sooner? How can progression of symptoms be slowed down? Can ALS symptoms be reversed? Can ALS be cured?

#### **Observational Studies**

This type of experiment is also called a biomarker study. In these experiments, volunteers may fill out surveys, provide samples of their blood or spinal fluid, or get an imaging test done of their brain. These studies are used to identify trends in people living with ALS and discover new possibilities for clinical trials.

#### **Expanded Access**

Expanded Access (EA), also referred to as Compassionate Use, is a pathway for people with ALS who do not qualify for a clinical trial, to access an investigational product (IP) that is not yet approved for everyone's use. An IP offered through EA is experimental, so its effectiveness as a treatment for ALS is not yet known.



#### **Clinical Trials**

A "clinical trial" also known as an "interventional trial" is a medical experiment performed on human volunteers These experiments help researchers identify information about study drugs, special diets, or medical devices.

#### **End of Life Tissue Donations**

A donation of tissue (also referred to as brain and spinal cord) is a significant and impactful gift to ALS research. Each donation could lead to new discoveries and potential treatments for ALS.

What are the Phases of Clinical Trials, and what happens in each Phase?

## CLINICAL TRIALS

CONNECTING COMMUNITIES THROUGH INFORMATION

### The Phases of Clinical Trials



#### Phase I

A Phase 1 trial is the first test of an investigational product in a small group of human volunteers. The purpose of a phase 1 trial is to determine safety, tolerability and appropriate dosing for humans.



#### Phase II

A Phase 2 trial is the second test of an investigational product in a group of human volunteers. The purpose of a phase 2 trial is to continue to monitor safety and appropriate dosing for humans, and to begin to understand the potential biological effects of the investigational product.



#### Phase III

A **Phase 3 trial** is the third test of an investigational product, performed on a larger group of human volunteers than in previous phases. The purpose of a phase 3 trial is to continue to monitor safety, appropriate dosing for humans, and confirm the beneficial responses or outcomes in the prevention, treatment or progression of a disease (therapeutic efficacy) observed in the phase 2 trial. Confirmation of therapeutic efficacy can result in a request for drug approval being submitted to the FDA (Federal Drug Administration).



#### Phase IV

A **Phase 4 trial** occurs after approval of the investigational product by the FDA (Federal Drug Administration). The purpose of a phase 4 trial is to determine long-term safety and effectiveness and to identify adverse effects that may not have been apparent in prior trials. This phase occurs between pharmaceutical companies and the FDA and does not involve human volunteers and researchers.



How do I decide if Clinical Research is right for me?

# PARTICIPATING IN CLINICAL RESEARCH



#### CONNECTING COMMUNITIES THROUGH INFORMATION

#### Deciding to Participate in Clinical Research





#### DISCUSS

Learn about ALS
Clinical Research
from reliable
sources such as your
ALS licensed health
care provider and
online resources

#### CONSIDER

Think about your personal reasons for wanting to participate in research, and the level of commitment you and your caregivers/family are willing and able to make

#### **IDENTIFY**

Find trials or studies that are of interest to you, and make note of trial / study expectations to discuss with the research team

#### CONNECT

Contact the research team to get answers to your questions and understand the expectations of research participants

#### **REVIEW**

Communicate with your ALS licensed health care provider for input on any trials or studies you are interested in

#### **DECIDE**

Is Clinical
Research
Right for Me?



Know that investigational products being tested in trials are experimental, and the effects on people with ALS are not yet understood



The decision to participate in clinical research is a personal choice based on many factors. There is no right or wrong decision.

What resources are available to learn more about current clinical research?

# LEARN MORE ABOUT CLINICAL RESEARCH



#### CONNECTING COMMUNITIES THROUGH INFORMATION

#### **Community Resources**



**ALLISON BULAT**Community Engagement

Bridging communications about ALS research with families impacted by ALS, researchers conducting trials, and drug companies developing new ALS treatments

abulat@neals.org



CHRISTINA SMITH
Communications Coordinator

Assisting individuals searching for clinical research opportunities in their area, answering general questions about enrolling in clinical trials and connecting families with ALS specialists.

alstrials@neals.org



JUDITH CAREY, RN Research Access Nurse

Communicating with families impacted by ALS about clinical trials enrolling at MGH and beyond, and answering general research questions from the patient community and medical professionals

mghalsresearch@mgh.harvard.edu 617-724-8995



CATHERINE SMALL
Patient Navigation

Connecting with potential research participants, medical professionals, and research centers across the country to share information about the HEALEY ALS Platform Trial

healeyalsplatform@mgh.harvard.edu 833-425-8257

Online Research Resources

Clinicaltrials.gov



http://bit.ly/3PQHASA

Neals.org



https://bit.ly/3LF34P

ALSuntangled.com



https://bit.ly/3ZAdbl

(



"The Patient Navigator will **lead communication efforts** to disseminate information and educate ALS patients regarding the Platform Trial. The Patient Navigator will act as an intermediary between patients, caregivers, families and study teams to address questions related to trial participation and enrollment. The Patient Navigator will be a member of various committees patient representative."

## **Navigating Patient Navigation**



Assist with patient education and communications.



Connect potential research participants with local sites.



Provide personalized site support on a case-by-case basis.



Organize weekly Platform Trial Q&A webinars.

About the Healey Center

Clinical Care

Patient & Family Resources

Research Opportunities Platform Trial

Overview >

What to Expect >

About the Trial >

Study Drugs >

Trial Sites >

Trial News & Webinars >

Research Partners >

Our Supporters >

News & **Events** 

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#### **Upcoming Webinars**

Join us Thursdays at 5:00-5:30pm Eastern Time for weekly updates on trial progress and answers to audience questions.

- Thursday, April 4th: Canceled
- Thursday, April 11th: Weekly Q&A Click here to register
- Thursday, April 18th: Weekly Q&A Click here to register

#### Webinar Recordings



## Platform Trial Q&A Webinars Open to Everyone!



#### Webpage Link:



https://bit.ly/3r6Nd2L

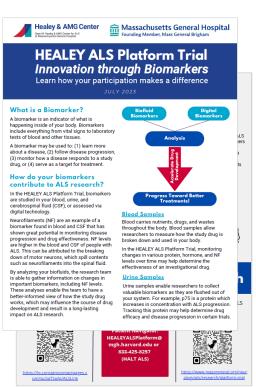
**Every Thursday!** 5:00-5:30pm Eastern Time

## Digital Brochures – The Healey Platform Trial









## Educational LP Resources

Understanding HEALEY ALS Platform Trial Study Procedures

#### LUMBAR PUNCTURE

(10-15mL or ~1 tablespoon) of cerebrospinal fluid (CSF) from the lower spine. CSF is the fluid that surrounds the brain and spinal cord and it contains that may be important biomarkers in back and into the space in the spinal

that a lumbar puncture could be risky or painful. In reality, this is a



2.) The doctor will cleanse the skin on your lower back to educe risk of infection, then use a small needle to inject CSF. A special atraumatic spinal needle (Sprotte) is eadache. The doctor may need to readjust the needle if CSF cannot be drawn with the first insertion.

PUNCTURE 1.) You will be asked to sit or lie down

in a position that helps widen the

spaces between the bones of the

1.) Spinal fluid is collected into specimen tubes for lab esting. The LP needle is removed, your back is cleaned. and a band-aid is placed over the LP site. 5.) For your comfort and safety, it is recommended that

someone drive you to and from the LP study visit. QUESTIONS? Prior to enrolling in a clinical trial, your study team will discuss the LP procedure with you. Please ask your study team for clarification if you have any questions while reviewing the informed consent form.

#### visit and head remember a few ilth and safety.

Drink plenty of uid in the 12 hours ill help your body noved during the e the likelihood of trenuous physical

the day. Lying flat he possibility of

the LP, you may

occur and you are av return to your



ne (in addition to

. If you experience back discomfort, try applying ice wrapped in a towel to the affected area for 20 minutes, 3-4 times over the course of the day

#### **Short Video LP Demo:**



https://bit.ly/30zl0wK





From an accredited US hospital Learn how experts define health sources in a journal of the National Academy of Medicine [2]

HEALEY ALS Platform Trial Weekly Q&A Webinar: August 10, 2023 Massachusetts General Hospital

#### **Webinar Recordings:**

March 30th with James Berry June 22nd with Shafeeq Ladha Aug 10th feat. participant story

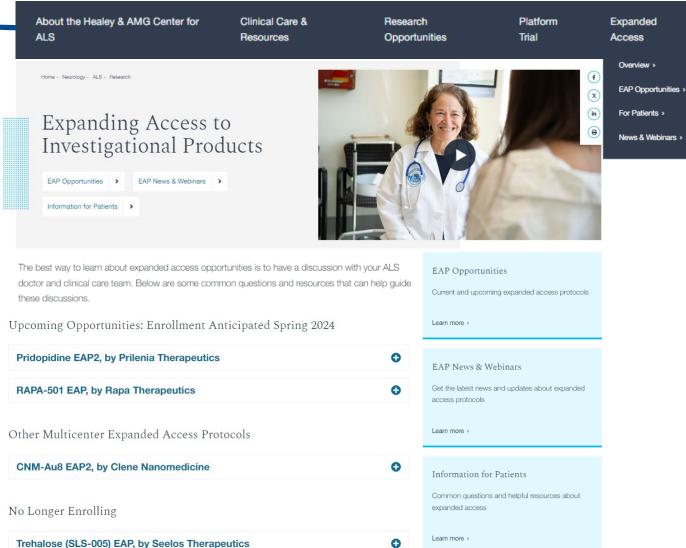




https://bit.ly/3UMDqOD



## EAP Webpages and Resources



#### **Link to EAP Website:**

News &

Events

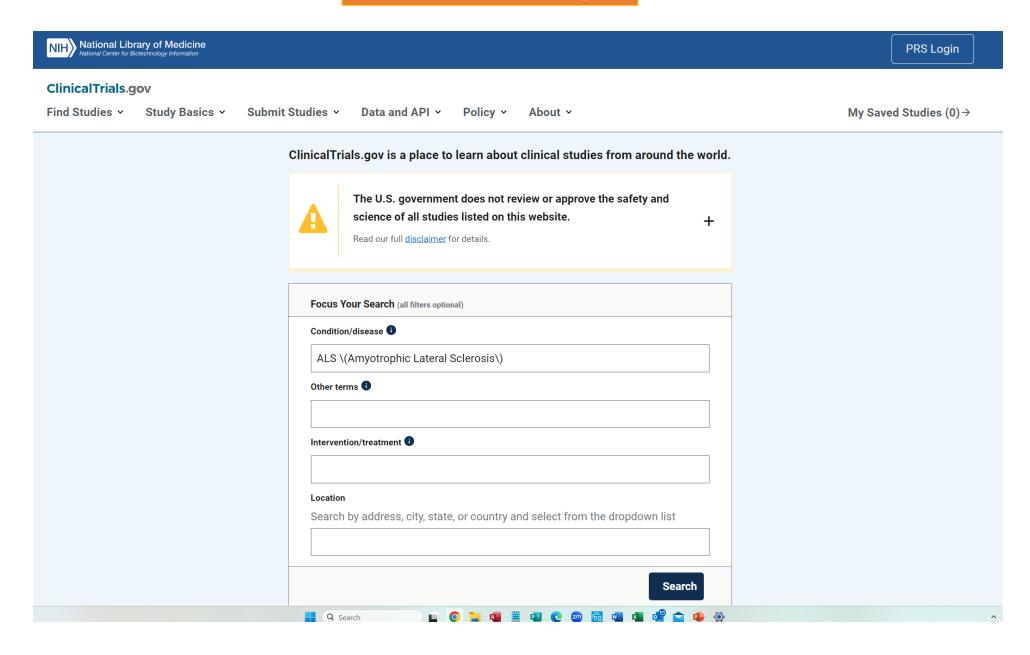


https://bit.ly/3uni3lc

What online resources are available to learn more about a specific trial or study?

# WHERE TO FIND CLINICAL RESEARCH ONLINE

#### https://clinicaltrials.gov/







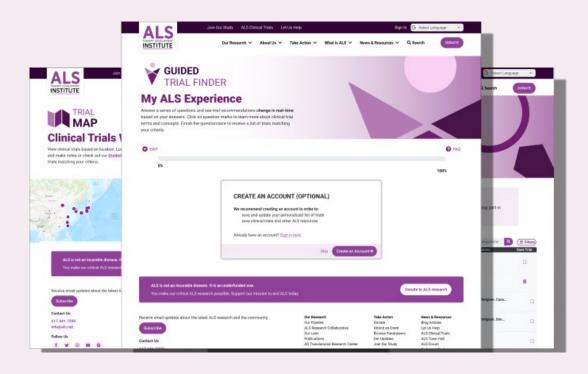
#### NEALS HOMEPAGE

Type Of Study	Phase	Placebo	Genetic Target
O Interventional O Observational	☐ Phase 1 ☐ Phase 2 ☐ Phase 3 ☐ Phase 4	<ul> <li>active agents/drugs only</li> <li>active agents/drugs &amp; a placebo</li> </ul>	FUS C9orf72 SOD1 TDP-43 Ataxin-2 Other Genes
State	NEALS	Affiliated	
Any state	Yes	Se	arch Reset
Show 23 entitles			
	O Interventional O Observational	Olnterventional Phase 1 Observational Phase 2 Phase 3 Phase 4  State  NEALS  Yes	○ Interventional ○ Observational ○ Phase 1 ○ Active agents/drugs only ○ active agents/drugs & a placebo  State  NEALS Affiliated  Yes  See



A new innovative set of tools that match you to trials and help you to make informed decisions!

- Easily Explore Global Opportunities: Access in-depth information on research opportunities around the world.
- Get Tailored Recommendations: Answer questions to unlock a personalized list of trials tailored to your criteria.
- Access a Personalized Portal: Create an account to save, annotate, and bookmark trials within your personalized portal.
- Empower Your Decision-Making: Learn important terms and concepts to make informed decisions.

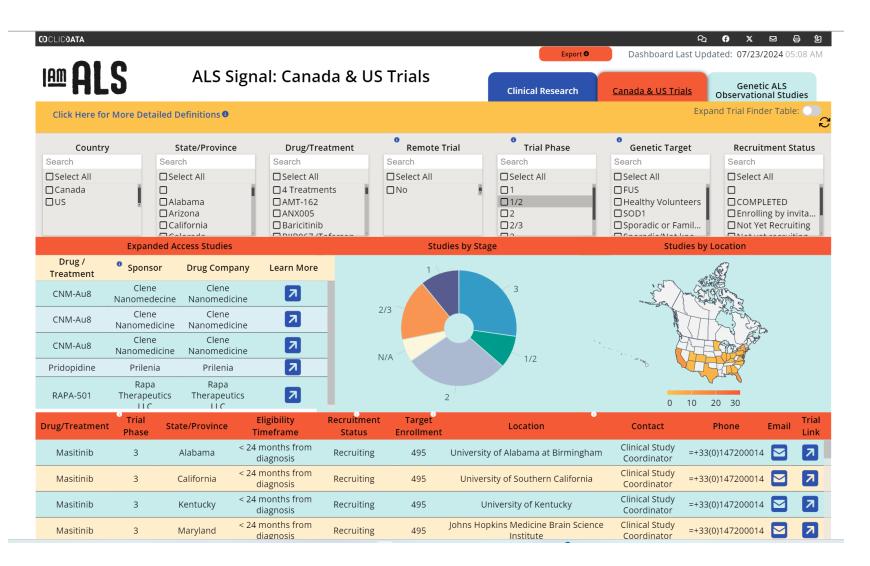




Scan the QR Code to check out the ALS Trial Navigator







https://www.iamals.org/get-help/als-signal-clinical-research-dashboard/

# NORTHEAST ALS CONSORTIUM (NEALS)







#### **NEALS Members**

Our 155+ member sites are academic research centers equipped to perform clinical trials and research in ALS and MND.

#### **ABOUT US**

Governed by a seasoned Leadership Team, NEALS has developed into an active network of 155+ trial-ready sites with extensive training on conducting clinical research and robust experience in designing and managing FDA-regulated clinical trials for ALS.

NEALS has successfully partnered with industry and academic researchers to conduct high-quality ALS studies for over 25 years and has grown to be the largest ALS research consortium in the world.



#### **NEALS Scientific Advisory Board (SAB)**

The SAB provides a forum for investigators and industry to vet new ideas for drugs, technologies, & trials.



#### **NEALS Coordinating Centers**

Our strong infrastructure facilitates rapid institution and support of trials sponsored by industry, foundations, and federal granting agencies.

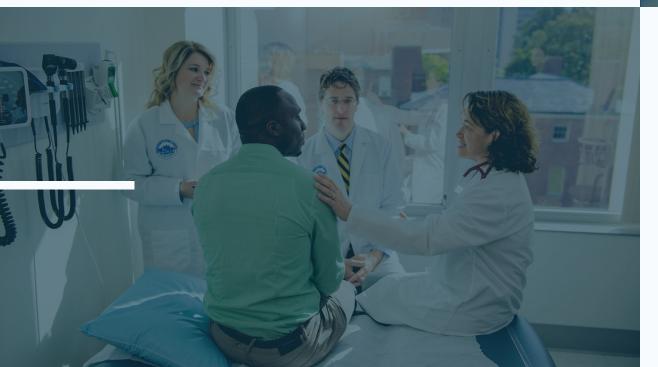


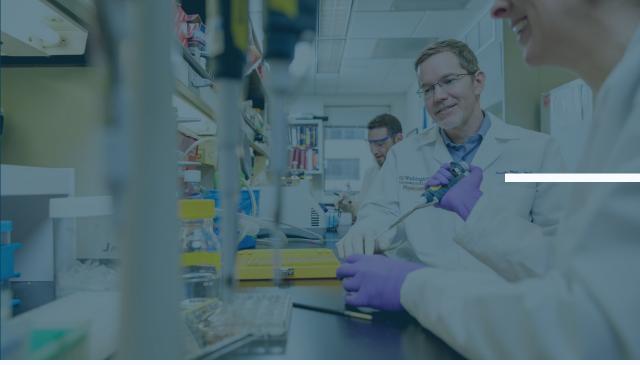
#### **NEALS Biorepository**

NEALS has extensive shared clinical data and biofluid samples available to researchers to further the understanding of ALS and for developing disease biomarkers

## NEALS MISSION

Our mission is to accelerate the development of new treatments through innovative research and working collaboratively with people living with ALS and all stakeholders in the ALS research community.





### **OUR VALUES**

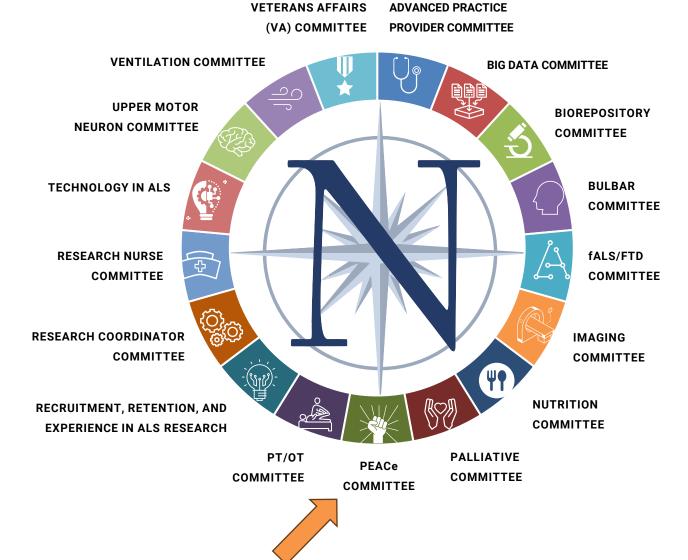
At NEALS, our values underscore our commitment to the integrity of ALS clinical research and to the ALS community.

- Transparency: We believe in open scientific communication and strive to share information openly with our partners and stakeholders.
- Integrating the Lived ALS Experience: We are dedicated to building strong partnerships with people living with ALS, to ensure research initiatives align with community priorities.
- **Excellence:** Our approach to scientific research relies on rigorous peer review and ongoing quality improvement.
- **Democratic Governance:** We value inclusive decision-making and diverse perspectives to ensure that our organization and activities reflect the input and needs of the community.

## NEALS COMMITTEES

NEALS has established numerous committees focused on advancing ALS research and patient care.

These ad hoc committees are established by the Executive Committee, as needed, or by membership proposal. Subcommittees are chaired by NEALS members and meet throughout the calendar year.



## **NEALS Information & Community Education**

## Leadership Working Group



Allison Bulat
NEALS/Mass General



Christina Fournier, MD, MSc

Emory University



Jinsy Andrews, MD, MSc

NEALS Co-Chair

Columbia University



James Berry, MD, MPH

NEALS Co-Chair

Mass General



Senda Ajroud-Driss, MD

Northwestern



**Amy Chen, MD, PhD**University of South Florida



Lauren Elman, MD
Penn Medicine



Dominic Ferrey, MD UC San Diego Health



Stephen Goutman, MD
University of Michigan



Kelly Gwathmey, MD VCU Health



Stephen Johnson, MD Mayo Clinic, Scottsdale



Justin Kwan, MD
NIH



John Novak, MD
Ohio Health

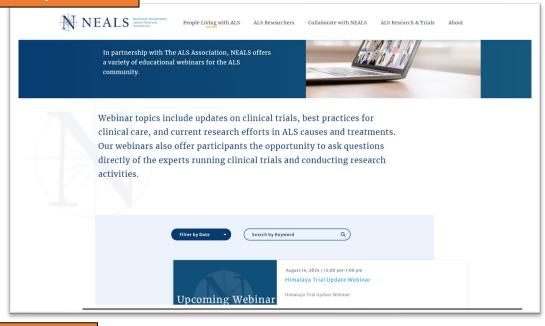


**Bjorn Oskarsson, MD**Mayo Clinic, Jacksonville



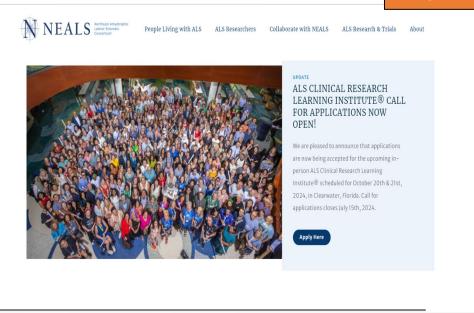
Xiaowei W. Su, MD, PhD
Penn State Health

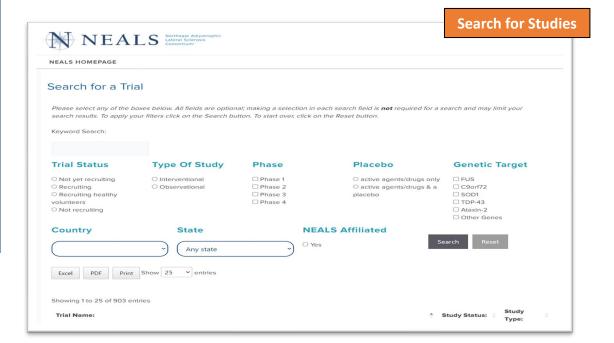
#### **Community Education**



#### **Expanded Access**







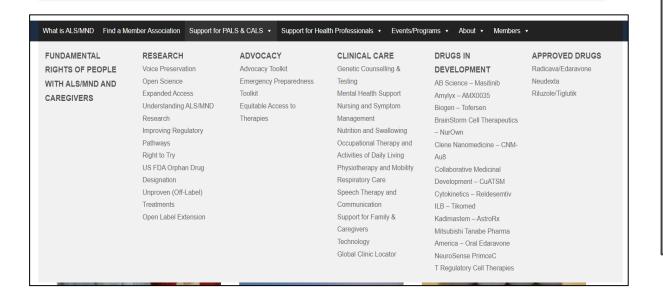
# THE INTERNATIONAL ALLIANCE OF ALS / MND ASSOCIATIONS



#### www.als-mnd.org

## PALS and CALS Advisory Council

The PALS & CALS Advisory Council (PCAC) is charged with helping the Board of Directors of the International Alliance of ALS/MND Associations consider and include in its work the wide-ranging opinions and ideas of people with ALS/MND and caregivers to people with ALS/MND from across the globe.



#### **Patient Fellows Program**

Empowering people living with ALS/MND and their caregivers to actively participate in the scientific community's dialogue. By bridging the gap between patients and researchers, we aim to accelerate progress towards effective treatments and ultimately a cure for ALS/MND.



## ALS OFFICE HOURS



A Community-Led Program

#### ALS Office Hours

HOME ABOUT REQUEST A SESSION CONTACT US CALENDAR RESOURCES



#### WELCOME

#### We are here to help.

Get answers to your questions about care, research and community resources for ALS

#### Join ALS Office Hours on Zoom

Please join us each Friday at 10:00 am PT / 1:00 pm ET Zoom Meeting

https://zoom.us/j/95529244242?pwd=ODJzV0hvZG1QYm5ndEMvazFEd2hDQT09

#### Resources

Please reach us at Contact@officehoursals.com if you cannot find the answer you need.

ALS Organizations	•
Adaptive Clothing	•
Adaptive Feeding and Hygiene	•
Adaptive Voice / Hands-Free Devices / Eye Gaze / Webinars	•
Advocacy / Community Involvement	•
Breathing Devices	•
Exercises / Physical Activity / Outings	•
Feeding Tubes	•
Financial Resources	•
Genetic Counseling, Testing and Resources	•

#### www.officehoursals.com

#### Who We Are

We are a group of caring people with various lived experiences with ALS, and professional expertise in the field of ALS. We understand the challenges associated with ALS, and simply want to be available to share resources and learnings that may help others. We do this as individuals, not representatives of any organization we may be associated with.

#### What We Do

- We make ourselves available via email, phone or Zoom.
- We are open and honest, and willing to discuss anything requested.
- We answer general questions about ALS pre-clinical and clinical research.
- We share resources from around the world that empower ALS families.
- We answer scientific questions as needed (scientists only)

#### What We Do Not Do

- Provide personal opinions about any options available.
- Represent any one organization or group we are a group of volunteers from various backgrounds and affiliations, with information and compassion.
- · Give any medical advice.
- · Give any financial advice.
- Discuss any information that we can not confirm via legitimate scientific sources or personal experience.

## AFTER ALS



A Community-Led Program

#### **Vision Statement:**

We are dedicated to offering a safe space for sharing experiences, expressing emotions, and lending support; we understand the unique challenges of ALS/MND/FTD-related grief. We want people to know they are not alone. Through empathy, education, and mutual support, we foster healing, resilience, and hope.

#### Facebook:

https://www.facebook.com/profile.php?id=61562407402718

Website:

Under construction

#### **Mission Statement:**

We provide a compassionate and supportive community for all who have lost someone to Amyotrophic Lateral Sclerosis (ALS), Motor Neuron Disease (MND), and/or Frontotemporal Degeneration (FTD). Our community is facilitated by individuals who have lost someone to ALS, MND, and/or FTD.

#### Meetings:

Weekly 3:00-4:00 EST every Wednesday for people wanting to volunteer as part of the group.

Monthly the second Wednesday of each month from 7:00-8:00 EST for support.

# VETERANS ACTION GROUP (ALS Hope Foundation)





For more information, contact: Mandibailey1@icloud.com

Objective: To bridge the gap between Veterans living with ALS and the ALS scientific/research community, by raising awareness about current ALS research, providing the Veteran community with accurate and reliable information about clinical trials and research programs, and creating a space for the Veteran stakeholder voice in the ALS drug development process.



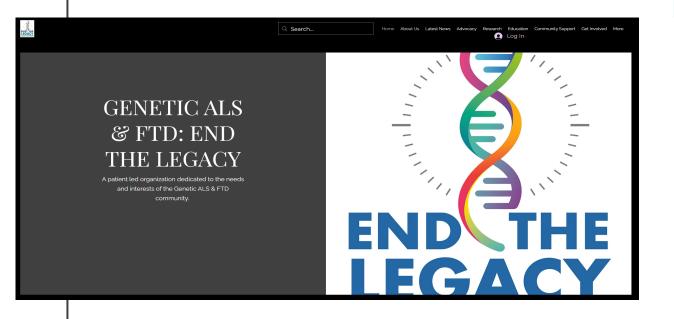
## END THE LEGACY (ALS Hope Foundation)





#### www.endthelegacy.org

https://www.endthelegacy.org/recruiting-studies



## Recruiting Studies with a Genetic ALS or FTD Focus

We strive to keep these up to date but know there will be a lag when changes are made to recruiting status. Please double check before assuming a study is still open or not open. If you have feedback contact us at info@endthelegacy.org

Recruiting Observational Studies in the United States

Genetic ALS & FTD: End the Legacy was born through the efforts and vision of dozens of people impacted by genetic ALS and FTD who collectively saw the need for our community's voice to be heard.

Since our forming as a group in 2020 and especially since our debut as a non-profit in 2023, we have been proud to witness how our activities have changed the conversation around inherited ALS and FTD. We are possible due to the commitment and passion of many volunteers, and we are always recruiting!

## ALS CLINICAL TRIALS FACEBOOK PAGE

# Incidence: Proportion of population diagnosed with ALS in one year 1.8:100,000 Marci B. Branddene F. Loyderbo C. et al. Visitation in worldardle incidence of anywarepric lateral acterisation in the analysis. Pt J Epidemiol. 2017;46:57-74. Prevalence: Proportion of population living with ALS at one time 5:100,000 Metria P. Kaye W. Raymond J. et al. Prevalence of Amyorophic Lateral Sciencias — Unide Sales, 2013. MANNE Note Metria Wey, Prep 2015;67:216-218. Lifetime risk: Probability of developing ALS over a person's lifetime 1:350 for men 1:450 for women Anno. C. Sports and trauma in amyorophic lateral sciencias revisited. Journal of Neurological Sciences, 2007;269:188-310

United States, 2014. MMWR Morb Mortal Wkly Rep 2018;67:216–218.

### Lifetime risk:

Probability of developing ALS over a person's lifetime

1:350 for men

1:450 for women

Armon, C. Sports and trauma in amyotrophic lateral sclerosis revisited.

Journal of Neurological Sciences. 2007;269:188-190

**ALS CTR** 

#### **ALS Clinical Trials and Research**



+ Invite



Joined ▼

Discussion

Featured

Events

S

Media

People

https://www.facebook.com/groups/2688029951255361

## ALS UNTANGLED



#### https://www.alsuntangled.com/



HOW TO USE

MISSION & METHODS

COMPLETED REVIEW

FUTURE REVIEW

SEARCH

ENGLISH

**ALSUntangled**® reviews alternative and off label treatments, with the goal of helping people with ALS make more informed decisions about them.







#### **Mission & Methods**

ALSUntangled® systematically reviews alternative and off label treatments (AOTs) to try and help patients with ALS make more informed decisions about them. The basic structure of all our reviews revolves around a "Table Of Evidence". In this, each AOT is graded across 5 different categories: mechanistic plausibility, preclinical models, cases, trials and risks. Grades in each category range from A (best) to F (worst), with U meaning we could not find any useful disclosable evidence for the AOT in that category. Final grades are crowd-sourced across an international team of more than 100 clinicians and scientists from across 11 different countries.

#### ALSUntangled: Introducing The Table of Evidence

The ALSUntangled Group

https://doi.org/10.3109/21678421.2014.987476

PUBLISHED ONLINE: 27 December 2014

Table 1 of 2

Table I. ALSUntangled TOE.

	Grade						
Evidence category	U	F	D	С	В	A	
Mechanistic plausibility	Unknown	Implausible; would violate known principles or laws of biology	Acts on a biological mechanism but it is not clear than this mechanism is relevant in ALS	Theoretically and plausibly acts on an ALS-relevant mechanism in humans	Shown in a peer-reviewed publication to act on a relevant mechanism in pre-clinical model(s)	Shown in a peer-reviewed publication to act on a relevant mechanism in humans	
Pre-clinical models (animal or cell models recognized by ALSUntangled reviewers to be relevant to ALS)	None	The only studies available show no benefit	henefits (nublished on a publication(s) reporting benefits   reporting benefits in		One peer-reviewed publication reporting benefits in a well-designed study (*)	Two or more peer-reviewed publications reporting benefits in well-designed studies (*)	
Patient case reports	None	The only reports available show no benefit	Subjective report(s) of benefit with validated diagnoses and/or benefits  One unpublished report of benefit with validated diagnosis and benefits  More than one unpublished report of benefit with validated diagnosis and benefits		One or more peer-reviewed publications reporting benefits with validated diagnosis and benefits		
Patient trials	None	The only trials available show no benefit	One or more peer-reviewed publications reporting benefits in a flawed trial (**)	One or more peer-reviewed publications reporting benefits in a well-designed randomized, blinded, placebo-controlled phase I or II trial	One peer-reviewed publication reporting benefits in a well- designed randomized, blinded, placebo-controlled phase III trial	Two or more peer-reviewed publications describing benefits in well-designed randomized, blinded placebocontrolled phase III trials	
Risks (harms that occurred on this treatment)	Unknown	At least 5% of exposed patients experienced death or hospitalization	More than 0% but less than 5% of exposed patients experienced death or hospitalizations	At least 10% of exposed patients experienced harms (no hospitalizations or deaths)	More than 0% but less than10% of exposed patients experienced harms (no hospitalizations or deaths)	No exposed patients appear to have experienced harms	

<sup>\*</sup>Animal studies are assumed to be 'well designed' when they follow published guidelines (3). When they deviate from these they are considered 'flawed'.

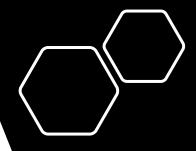
<sup>\*\*</sup>Flawed trials means those in which there are identifiable problems with patient selection, randomization, blinding, controls or follow-up. These have 'high or unclear risk of bias' according to published criteria (9). Well-designed trials are those that have 'low risk of bias'.

#### **Completed Reviews**

Here you will find our published reports on AOTs, along with the grades we gave each of them in different categories, short summaries and even podcasts. Click on the name of the review to open the published report, or click on the podcast link to listen to a short interview about it. When new information about an AOT comes out after our published review, we update the summary and the assigned grades accordingly. Summaries and grades that have been updated since a published review are annotated with an asterix.

Click on any completed review title or letter grade below for detailed information. Click on any column header ("Treatment", "Mechanism", etc.) to sort the entire table by that column. In addition, you can click here to view the complete table of evidence.

Treatment ▼	Podcast	Mechanism ▼	Pre-Clinical ▼	Cases ▼	Trials <b>▼</b>	Risks ▼
PoNS Device (2024)		U	U	U	U	С
Ashwagandha (2024)		В	A	С	U	В
Lions Mane (2024)		В	U	F	U	В
Insulin (2023)		С	В	U	U	F
Nuedexta (2023)		В	U	A	С	С
Caffeine (2023)		A	С	F	U	В
Astaxanthin (2023)	<b>@</b>	A	U	С	U	В
<b>Ozone</b> (2022)	<b>@</b>	A	D	С	U	D



#### **Future Reviews**

Here you will find AOTs that patients and families around the world have asked us to review in the future. We are working hard to get these done as quickly as we can but it does take a lot of time to complete a thorough review. We invite you to cast up to one (1) vote for each item below. More information coming soon.

Vote	Treatment ▼	Multiplier ▼	Votes ▼	Final Priorit y ▼
Vote	Nadir's ALS Remission Protocol	1	1747	1747
Vote	Dr. David Steenblock	1	1343	1343
Vote	Stem Cells at "Hanyang Universi ty in South Korea"	1	710	710
Vote	Placebo Therapy	2	292	584
Vote	Ibudlast and nootropics	2	225	450
Vote	Charlotte's Web Hemp Oil	1	376	376
Vote	N-acetylcysteine	2	187	374

### Takeaways....



Everyone CAN be involved in research, or support research in some capacity if they choose



The Science and Patient Communities are working in partnership to create the most patient-centric approach to research possible



Research is where hope and the pathway forward live

## THANK YOU!

Clinical Research is a journey of curiosity, where every question leads to an answer, and every answer uncovers new possibilities. Keep exploring!

~ Author Unknown

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Allison Bulat: Abulat@neals.org



## **Coming in August**

**Thursday August 29, at 12 PM CST** 

**Empower Your Voice: Navigating Conversations with your ALS** 

**Care Team** 



Ambereen Mehta, MD, MPH, FAAHPM Johns Hopkins Center for Specialty ALS Care



Suzana K. E. Makowski, MD Compassionate Care ALS