



# RESOURCE CENTRAL



## Tuberous Sclerosis Resources

- ▶ Children's Hospital Boston: [childrenshospital.org/az/Site604/mainpageS604Po.html](http://childrenshospital.org/az/Site604/mainpageS604Po.html)
- ▶ Children's Hospital Denver Tuberous Sclerosis Clinic: [thechildrenshospital.org/conditions/nervous/conditions/tuberous-sclerosis.aspx](http://thechildrenshospital.org/conditions/nervous/conditions/tuberous-sclerosis.aspx)
- ▶ Cincinnati Children's Hospital Tuberous Sclerosis Program: [cincinnatichildrens.org/svc/alpha/t/tuberous-sclerosis](http://cincinnatichildrens.org/svc/alpha/t/tuberous-sclerosis)
- ▶ Massachusetts General Hospital TS Family Stories: [massgeneral.org/livingwithtsc](http://massgeneral.org/livingwithtsc)
- ▶ Freeman JM, Kossoff EH, Freeman JB, Kelly MT. *The Ketogenic Diet: A Treatment for Children and Others with Epilepsy*. 4th ed. New York: Demos; 2007.
- ▶ National Institute of Neurologic Disorders and Stroke: [ninds.nih.gov/disorders/tuberous\\_sclerosis](http://ninds.nih.gov/disorders/tuberous_sclerosis)
- ▶ SeizureTracker: [seizuretracker.com](http://seizuretracker.com)
- ▶ TS Alliance: [tsalliance.org](http://tsalliance.org)

## Aphasia Resources

- ▶ Aphasia Hope Foundation: [aphasiahope.org](http://aphasiahope.org)
- ▶ Aphasia Now, an organization created by people with aphasia for people with aphasia: [aphasianow.org](http://aphasianow.org)
- ▶ American Speech-Language-Hearing Association: [asha.org/slp/clinical/Aphasia.htm](http://asha.org/slp/clinical/Aphasia.htm)
- ▶ Boston University Aphasia Resource Center: [bu.edu/aphasiacenter](http://bu.edu/aphasiacenter)
- ▶ National Aphasia Association, which provides a listing of community and support groups in the U.S. and Canada: [aphasia.org](http://aphasia.org)
- ▶ University of Michigan Aphasia Program: [aphasiahelp.com](http://aphasiahelp.com)

## Assistance Directory

For a full listing of patient organizations, go to [neurologynow.com](http://neurologynow.com)

### HELP FOR ALL NEUROLOGICAL DISORDERS

American Academy of Neurology Web site  
[aan.com/patients](http://aan.com/patients)  
1-800-879-1960

CaringBridge®  
(free, personalized Web sites to support your health journey)  
[Caringbridge.org](http://Caringbridge.org)  
651-452-7940

National Institute of Neurological Disorders and Stroke  
[ninds.nih.gov](http://ninds.nih.gov)

Well Spouse Association  
[wellspouse.org](http://wellspouse.org)  
1-800-838-0879

### ALZHEIMER'S DISEASE

Alzheimer's Association  
[alz.org](http://alz.org)  
1-800-272-3900

Alzheimer's Disease Education and Referral Center  
[alzheimers.org](http://alzheimers.org)  
1-800-438-4380

Alzheimer's Foundation of America  
[alzfdn.org](http://alzfdn.org)  
1-866-232-8484

Association for Frontotemporal Dementias  
[FTD-Picks.org](http://FTD-Picks.org)  
1-866-507-7222

### AUTISM

Autism Society of America  
[autism-society.org](http://autism-society.org)  
1-800-3AUTISM (1-800-328-8476)

Autism Speaks, Inc.  
[autismspeaks.org](http://autismspeaks.org)  
212-252-8584

Global and Regional Asperger  
Syndrome Partnership  
[grasp.org](http://grasp.org)  
1-888-474-7277

### BRAIN TUMOR

American Brain Tumor Association  
[abta.org](http://abta.org)  
1-800-886-2282

National Brain Tumor Society  
[braintumor.org](http://braintumor.org)  
1-800-934-2873

### CEREBRAL PALSY

United Cerebral Palsy  
[ucp.org](http://ucp.org); 1-800-872-5827

### DYSTONIA

American Dystonia Society  
310-237-5478  
[dystonia.us](http://dystonia.us)

Dystonia Foundation  
[dystonia-foundation.org](http://dystonia-foundation.org)  
1-800-377-DYST (1-800-377-3978)

Spasmodic Torticollis  
[spasmodictorticollis.org](http://spasmodictorticollis.org)  
1-888-445-4588

### EPILEPSY AND SEIZURES

Citizens United for Research  
in Epilepsy (CURE)  
[CUREepilepsy.org](http://CUREepilepsy.org); 312-255-1801

Epilepsy Foundation  
[epilepsyfoundation.org](http://epilepsyfoundation.org)  
1-800-332-1000

Epilepsy Therapy Project  
[epilepsy.com/epilepsy\\_therapy\\_project](http://epilepsy.com/epilepsy_therapy_project)  
540-687-8077

SeizureTracker  
[SeizureTracker.com](http://SeizureTracker.com)  
[info@seizuretracker.com](mailto:info@seizuretracker.com)

### HEADACHE / MIGRAINE

American Headache Society Committee  
for Headache Education (ACHE)  
[achenet.org](http://achenet.org)  
856-423-0043

Migraine Research Foundation  
[migraineresearchfoundation.org](http://migraineresearchfoundation.org)  
212-249-5402

National Headache Foundation  
[headaches.org](http://headaches.org)  
888-NHF-5552 (888-643-5552)

### HUNTINGTON'S DISEASE

Hereditary Disease Foundation  
[hdfoundation.org](http://hdfoundation.org)  
212-928-2121

Huntington's Disease Society of America  
[hdsa.org](http://hdsa.org)  
1-800-345-HDSA (1-800-345-4372)

## The National Amyotrophic Lateral Sclerosis (ALS) Registry

### It's Here!

[www.cdc.gov/als](http://www.cdc.gov/als)  
(800)232-4636



U.S. Department of  
Health and Human Services  
Agency for Toxic Substances  
and Disease Registry

Lou Gehrig™ licensed by the Rip Van Winkle  
Foundation: [www.LouGehrig.com](http://www.LouGehrig.com)

## REGULAR, UNCONTROLLED PARTIAL-ONSET SEIZURES?

### BE INFORMED. GET SUPPORT. BE EMPOWERED.

About 1 in 3 people with epilepsy who take antiepileptic medication(s) still get seizures. Others get unwanted side effects. New medications to control seizures are needed. But this can happen only through clinical trials and the participation of people like yourself.

If you have uncontrolled partial-onset seizures, consider joining a clinical research study. This clinical study will determine if an investigational treatment works when it is added to your existing antiepileptic medication(s).

### You may qualify if you:

- Are 16 years of age or over
- Were diagnosed with epilepsy at least 12 months ago
- Are currently taking one or two antiepileptic medications
- Have had at least 4 partial-onset seizures in the past 4 weeks
- Are willing to document your seizures on a daily basis
- Can provide documentation of your epilepsy diagnosis

### If you qualify:

#### You will receive at no cost to you:

- Care from a team of medical specialists
- Study-related exams and tests, with monitoring of seizures and overall health status
- Investigational study medication or a placebo (an inactive substance)
- Compensation for time and travel to and from study visits may be provided

There is no penalty if the clinical trial doctor is outside your insurer's network.

JOIN A CLINICAL RESEARCH STUDY TO LEARN MORE ABOUT YOUR SEIZURES.  
FIND OUT MORE AND SEE IF YOU MAY QUALIFY.

**1.888.565.0249** [ResearchForEpilepsy.net](http://ResearchForEpilepsy.net)



## A Walking Aid Designed for Neurological Conditions!

"The U-Step is ideal for patients with multiple sclerosis, parkinson's disease, cerebellar ataxia, muscular dystrophy, ALS, stroke and head trauma."

— Pat Casey, MS, OTR/R  
Department of Neurology at Northwestern  
Medical Facility Foundation, Chicago, IL

### Stability & Safety

The *U-Step's* ultra-stable foundation braces your patient in every direction — it surrounds and moves with him.

The innovative braking system is safe and easy to use. Unlike other walkers, the *U-Step* will not roll until the hand brakes are squeezed.

### LaserLight™ for Parkinson's

Introducing *LaserLight*™ an exclusive optional feature of the *U-Step*, which is designed specifically to help people with Parkinson's Disease.

Optional feature:  
red button for operating  
*LaserLight*™



### Features & Benefits

- Improves posture & walking stride
- Rolling resistance control
- Easy turning in tight areas
- Single hand braking
- Height adjustable
- Folds for transport



Medicare Reimbursable



In-Step Mobility Products Corp. **1.800.558.7837**

8027 N. Monticello, Skokie, IL 60076 [walkers@ustep.com](mailto:walkers@ustep.com) [www.ustep.com](http://www.ustep.com)

### HYDROCEPHALUS

Hydrocephalus Association  
[hydroassoc.org](http://hydroassoc.org)  
1-888-598-3789

National Hydrocephalus Foundation  
[nhfonline.org](http://nhfonline.org)  
1-888-857-3434

### MULTIPLE SCLEROSIS

MSFriends  
[msfriends.org](http://msfriends.org)  
1-877-MSFRIENDS

MSWorld  
[msworld.org](http://msworld.org)

Multiple Sclerosis Association of America  
[msassociation.org](http://msassociation.org)  
1-800-532-7667

Multiple Sclerosis Foundation  
[msfocus.org](http://msfocus.org)  
1-800-225-6495

National Multiple Sclerosis Society  
[nationalmssociety.org](http://nationalmssociety.org)  
1-800-FIGHT-MS (1-800-344-4867)

### MYASTHENIA GRAVIS

Myasthenia Gravis Foundation of America  
[myasthenia.org](http://myasthenia.org)  
1-800-541-5454

### NEUROMUSCULAR DISEASES

ALS Association  
[alsa.org](http://alsa.org)  
1-800-782-4747

Charcot-Marie-Tooth Association  
[charcot-marie-tooth.org](http://charcot-marie-tooth.org)  
610-499-9264  
1-800-606-CMTA (2682)

### NEUROBICS ANSWERS

CONTINUED FROM P. 14

1. WILLIAM SHAKESPEARE
2. ARTHUR CONAN DOYLE
3. MARK TWAIN
4. BEATRIX POTTER
5. ISAAC ASIMOV
6. ERNEST HEMINGWAY
7. LOUISA MAY ALCOTT
8. NEIL SIMON



## LONG-TERM CARE INSURANCE

For information on Long-Term Care Insurance for individuals with **Multiple Sclerosis** or **Parkinson's Disease**, and to see if you qualify, please contact American Insurance Planners Today.

**AP**  
AMERICAN  
INSURANCE PLANNERS, INC.  
800.789.5191  
[INFO@AIPLANNERS.COM](mailto:INFO@AIPLANNERS.COM)

Not available in all states.

Kennedy's Disease Association  
[kennedysdisease.org](http://kennedysdisease.org)  
559-658-5950

Moebius Syndrome Foundation  
[moebiusdisease.com](http://moebiusdisease.com)  
1-660-834-3406

Muscular Dystrophy Association  
[mda.org](http://mda.org)  
1-800-FIGHT-MD (1-800-344-4863)

Neuropathy Association  
[neuropathy.org](http://neuropathy.org)  
212-692-0662

Spastic Paraplegia Foundation, Inc.  
[sp-foundation.org](http://sp-foundation.org); 1-877-773-4483

#### **PARKINSON'S DISEASE & MOVEMENT DISORDERS**

American Parkinson Disease Association  
[apdaparkinson.org](http://apdaparkinson.org)  
1-800-223-2732

Foundation for PSP, CBD and Related Brain Diseases  
[curepsp.org](http://curepsp.org)  
1-800-457-4777

International Essential Tremor Foundation  
[essentialtremor.org](http://essentialtremor.org)  
1-888-387-3667

Lewy Body Dementia Association  
[lbda.org](http://lbda.org)  
404-935-6444

National Ataxia Foundation  
[ataxia.org](http://ataxia.org)  
763-553-0020

National Parkinson Foundation  
[parkinson.org](http://parkinson.org)  
1-800-327-4545

Parkinson's Disease Foundation  
[pdf.org](http://pdf.org)  
1-800-457-6676

The Parkinson's Institute and Clinical Center  
[thepi.org](http://thepi.org); 1-800-655-2273

#### **SLEEP**

National Sleep Foundation  
[sleepfoundation.org](http://sleepfoundation.org)  
202-347-3471

#### **STROKE**

American Stroke Association:  
A Division of American Heart Association  
[strokeassociation.org](http://strokeassociation.org)  
1-888-4STROKE (478-7653)

National Stroke Association  
[stroke.org](http://stroke.org)  
1-800-STROKES (787-6537)

#### **TRAUMA**

Brain Injury Association of America  
[biausa.org](http://biausa.org); 1-800-444-6443



## What Treatments Are Most Effective for Diabetic Nerve Pain?

What medications can help millions of people who live with diabetic nerve pain?  
Can electric nerve stimulation provide pain relief?

### Learn what neurologists recommend.

The American Academy of Neurology has published Treatment of Painful Diabetic Neuropathy, an evidence-based medical guideline that identifies the most effective treatments for pain from nerve damage in people with diabetes.

Go online to ► [www.aan.com/guidelines](http://www.aan.com/guidelines)

to read the summary or the complete guideline.

American Academy of Neurology practice guidelines examine medical evidence on how to best diagnose and treat neurologic disorders. Use these guidelines and patient/family summaries to learn more about:

- Brain injury
- Child neurology
- Dementia
- Movement disorders
- Epilepsy
- Headache and migraine
- Multiple sclerosis
- Neuromuscular disorders
- Stroke

**American Academy of Neurology Practice Guidelines**  
Best Evidence ◆ Best Treatments ◆ Best Outcomes

