



**Family Caregivers Unite!  
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January 26th 2010: Family Caregiving and Lou  
Gehrig's Disease**

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Melanie York, who has Lou Gehrig's disease, and Colleen Smailes, whose husband Clayton died from it in 2009, share their experience with and insights into family caregiving for this devastating, incurable disease. Also called ALS and motor neurone disease, Lou Gehrig's disease attacks the brain and nervous system. It affects around 33,000 people in North America. Progressing in phases, it destroys the brain's ability to start and control movements. It causes loss of strength and the ability to move the arms, legs, and body. It brings failure of the muscles in the diaphragm and chest and

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**Colleen Smailes**

Colleen Smailes Colleen first became aware of Lou Gehrig's disease when her husband Clayton was diagnosed in 2003 at the age of 31. He died in the summer of 2009.

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**Melanie York**

Melanie York Diagnosed with Lou Gehrig's disease in September 2008, Melanie left her position as Executive Producer at YTV in February 2009. She no longer has the use of her arms and has a full-time caregiver to help her with daily activities.

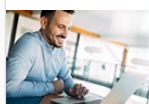
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