Amyotrophic lateral sclerosis (ALS), commonly referred to in the US as Lou Gehrig’s disease, is characterized by progressive weakness which is typically fatal by 3 to 5 years after the onset of symptoms. It most commonly affects adults from 20-80 years of age with an average onset age of 56 years. It is a neurodegenerative disease that results in the loss of motor neurons in the brain and spinal cord, which leads to weakness, atrophy, and twitching (fasciculations) of voluntary muscles. The paralysis can begin in the arms, legs, or head, and as the disease progresses eventually involves muscles controlling breathing and swallowing. There is no known cure for ALS, and riluzole, the only FDA-approved medication for treating the disease, only extends survival by a few months. Therefore, supportive measures designed to optimize function, breathing, and nutrition are mainstays of treatment. Unfortunately, the underlying cause of the disease is still not completely understood, but research is being actively pursued to better understand the mechanism of the disease and identify more effective treatments.