

**Riverside ALS Clinic at  
Riverside Rehabilitation Institute**  
245 Chesapeake Avenue, Newport News, VA 23607  
757-534-5800

## TOTAL CARE APPROACH

### A Picture of ALS

Amyotrophic lateral sclerosis, also known as ALS or Lou Gehrig's disease, is the most common motor neuron disease among adults. It is estimated that more than 30,000 people in the United States have ALS, with 5,000 people newly diagnosed each year. Its cause is unknown and as yet there is no cure, but recent advances in research and improved medical care enable many ALS patients to live longer — and better — lives. People with ALS (PALS) experience a wide range of complex symptoms, so the best care requires a coordinated approach by many highly skilled specialists.

### How the ALS Clinic Can Make a Difference

For families across the country who live with ALS, clinics in partnership with The ALS Association set the national standard for care. ALS Clinics, made possible through partnerships with leading institutions across the country, offer state-of-the-art services in a supportive, family oriented atmosphere. Because ALS Clinics coordinate the best of care from many healthcare specialties, PALS and their families can find renewed hope and a better quality of life. The Riverside ALS Clinic at Riverside Rehabilitation Institute provides this kind of comprehensive care to ALS patients throughout the region.

### Expert Care

When an ALS patient comes to the Riverside ALS Clinic, they can meet with a neurologist, nutritionist, occupational therapist, physical therapist, social worker, speech pathologist, and respiratory therapist - a special healthcare team familiar with the unique challenges facing those with ALS, their caregivers and families. In a single appointment, patients have access to any or all of the Clinic's skilled professionals. See list to the right.

### Making an Appointment

Any patient with a confirmed diagnosis of ALS is welcome at the Riverside ALS Clinic. You must have a consultation and evaluation with a member of the neurology team prior to your first clinic visit. Currently, clinics are scheduled on the second Wednesday of the month from 1pm to 4pm. Please call Julie Rejzer at 757-534-5100 to schedule your initial evaluation. Physician referrals can be made via fax to 757-534-5395. If you are an established patient and need to contact the Riverside ALS clinic, you can reach us at 757-534-5100. For more information about the Riverside ALS Clinic, visit [www.HamptonRoadsNeurology.com/als](http://www.HamptonRoadsNeurology.com/als).

PALS and their families will find that most health insurance plans, as well as Medicare and Medicaid coverage, are accepted at the Riverside ALS Clinic. Ask about insurance reimbursement and payment when you call for your appointment.



The Riverside ALS Clinic at  
Riverside Rehabilitation Institute

A partnership with The ALS  
Association – DC/MD/VA Chapter

### Our Distinguished Medical Staff

**Clinical Director:** H.B. Marsteller, MD

**Clinic Coordinators:** Susanne Morrison, RN, BSPA, Julie Rejzer, RN, and Sandy Snapp, RN, MSA

**Neurology Team:** H.B. Marsteller, MD, Co-Director Frederick Patterson, MD, and Thomas Reagan, MD

**Physiatrist:** Mark Ross, MD, and Gerry Smith, MD

**Psychologist:** Hugh Spain, PhD and Mona Tiernan, PsyD

**Therapy Staff of Riverside Rehabilitation Institute** for Physical Therapy, Occupational Therapy, Respiratory Therapy, Speech Therapy and Nutrition

### ...working with the ALS Association Chapter staff

**Patient Services Coordinator :**  
Tremetris Davis, BSW

*For directions to the clinic, please visit [www.riversideonline.com/rri/directions.cfm](http://www.riversideonline.com/rri/directions.cfm)*

Once you arrive at Riverside Rehabilitation Institute, please see the front desk representative to be directed to the ALS clinic.



DC/MD/VA Chapter | Serving people with ALS (PALS)  
throughout the region since 1991.  
[www.ALSinfo.org](http://www.ALSinfo.org) | 804-836-1750 or 1-866-348-3257