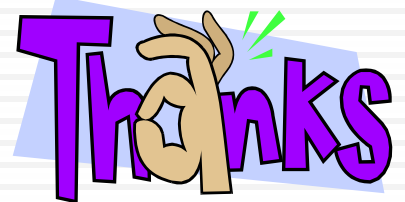


Thanks for having us!!

Alec's doctor - Dr. Ravina

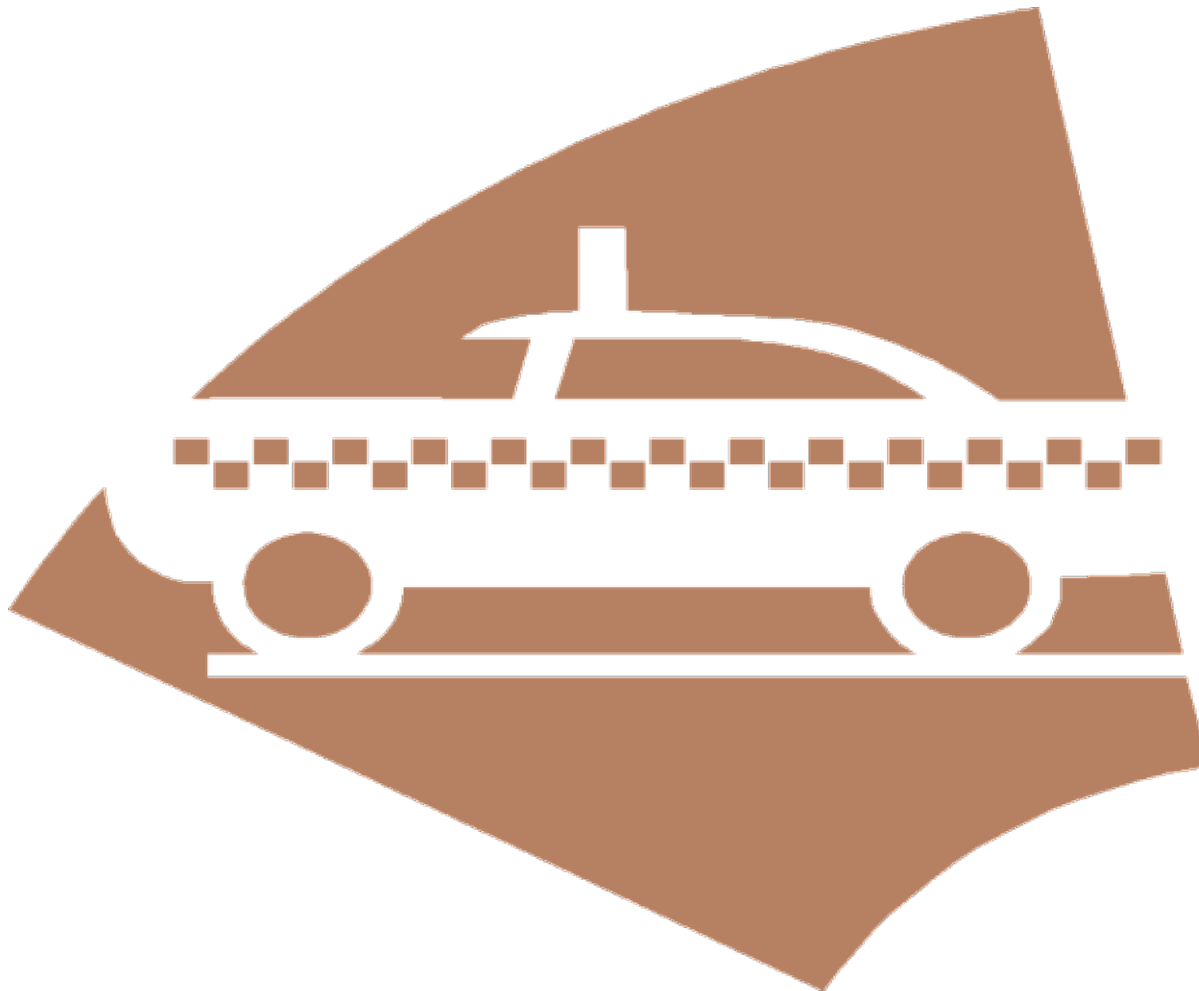
Alec's Mom - Karen

Alec's Dad - Dave



# What is Ataxia??

- **It's not a Taxi!!!**



# What is happening to Alec

- **Loss of coordination and balance** – so, sometimes he falls or stumbles and has a hard time walking. Clumsy



- **Running might be harder or going up the stairs**.....he will get to ride the elevator in 6<sup>th</sup> grade with a buddy!!!



# What is happening to Alec

- **Slower at writing** or doing other things that most kids can do faster....
- Alec might get **tired more easily** because Ataxia can make your heart work harder so you get more tired out.



# In school you may observe



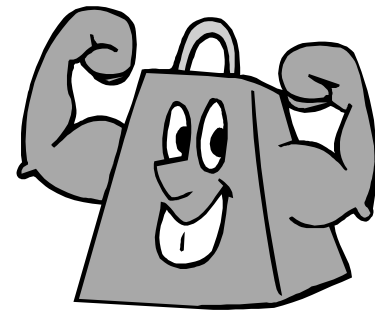
- Alec misses some classes for doctor appointments
- School specialists working one-on-one with Alec
- Alec may need more time completing classwork and tests
- He may leave class a few minutes early to avoid crowds in the hallways

# What Ataxia is NOT

- You can't catch it!!
  - ▣ Alec inherited this disorder in the same way you inherited blue or brown eyes
- It does not touch your brain
  - ▣ Alec will always be SMART and likes to have FUN and be a great friend!!
  - ▣ He will still work hard!
  - ▣ He still has the same homework as you!!!
- Is not common
  - ▣ Only 1 in 50,000 have it

# Things Alec does to keep him strong

- Exercises at school with help from a physical therapist
- Plays recreational sports at home and with friends: basketball, tennis, kickball, play catch
- Takes swim lessons
- Eats healthy food, including berries, nuts, smoothies and vegetables
- Sees many doctors regularly to monitor his heart, bones, and central nervous system
- Takes vitamins every day because researchers think they can help
- Alec is joining a gym



# What YOU can do to help 😊

- ❑ Be a good friend!!!
- ❑ Stop others from making fun of him.
- ❑ Remember, if he bumps into you, it's probably not on purpose.
- ❑ Help him if he wants – like carry his books or carry his tray in the cafeteria
- ❑ Be patient



**Remember, he's the same Alec you've known all these years**



# The best part about Ataxia is the support I receive...

- Family, doctors and schools support me!
- Organizations do research to find a cure for Ataxia
- Many people and organizations do special things for me...



*Dedicated to improving the lives of persons affected by ataxia through support, education, and research.*



I get to be a part of special fundraising events!



Me jammin' to "Holiday" at November 2007 event.

# My dad's friends sent me on an exciting trip to a Colt's game!



December 2007

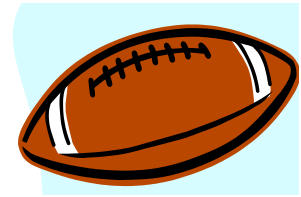
I got to go to a very cool place with my cousin Jack and brother Colin



I saw really cool things... sharks, stingrays and a barracuda!!

# Cool things I like to do

- Recreational sports with family and friends
- Ride my ATV and bikes
- Jump on my trampoline
- Play video games, board games and watch TV
- Read a cool book
- Go to the movies and mall
- Hang out with a friend
- Camping, fishing, amusement parks, water parks
- Love animals: I have dogs, cats, fish, frogs and a canary



This school rocks!!

Mrs. Boyd and Mr. Brewer Rock!

