

WINTER TIPS FOR ALS PATIENTS

General

1) Dry air inside: The cold outside makes us turn up the heat faster, so it's nice and warm inside. However because of this the humidity decreases, because the heating system causes the moisture in the air to evaporate. Cold air from the outside ensures an additional decrease of the humidity in house.

So...

Don't turn up the heat to high and don't let the windows open all day long if you want to ventilate a bit.

Personal hygiene



1) Tips concerning gloves:

- Try to keep cold hands/feet warm by using well isolated gloves/shoes and ensuring that you never suddenly expose your hands/feet to severe cold.
- Always buy the right

glove size. A size too big causes draught, a size too small is tight on your fingers when they bloat.

- Go for heated gloves if you're cold quickly.
- When the weather is freezing mittens are warmer than gloves.
- Pure leather gloves are too cold in the winter, but it's fine if they're padded well.
- Preferably don't buy woolen gloves; half of the people gets irritations from wearing wool.
- Thermal gloves or mittens ARE a useful purchase.



2) Tips about hand care products:

- Only use hand lotion preventively. Once your hands are dried out, a hand lotion won't help. Lotion is absorbed faster than hand cream though.
- Dry hands with cracks that feel like sandpaper can only be healed with a rich, nourishing hand crème. Preferably choose a crème containing vitamins. If you're over 30 years old, choose retinol or vitamin A, a protective antioxidant which slows down the aging process and stimulates the production of collagen.
- You can also use a hand crème as much as possible, 6 to 7 times a day is no unnecessary luxury!
- Give your hands a nurturing mask every once in a while. You don't need to buy a special hand mask, a facial mask provides the right protection.
- How about a real winter spa for your hands? Put a thick layer of hand crème on your hands before

going to sleep at night and put on thin, cotton gloves. Go to bed and let the cream work its magic all night long.



- Use a peeling every once in a while that removes dead skin cells: it allows your skin to breathe again which means it will absorb nutrients of crèmes much better. After the peeling you do always need to pamper your hands with a rich crème.
- Looking for a natural product to take care of your hands? Mix 1 teaspoon of honey and 1 teaspoon of vegetable oil with a few drops of lemon juice. Rub it in your hands, as well as other dry spots. Let the mixture absorb for 10 minutes, after which you rinse it with warm water.
- Also be aware of the fact that a well-protected skin in the winter partially guarantees a healthy skin that is better protected against the sunshine during the summer.

3) Tips for your lips during the winter:

- Apply a protective lip crème multiple times a day, this can prevent a lot of calamity. Lip crèmes don't only prevent cracked lips, but heals them as well.
- Unsalted dairy butter works very well for chapped lips.
- If you brush your teeth, then also very gently brush your lips, that way they'll become soft and you won't get any loose pieces of skin.
- If you want soft lips: Make circular movements with a moist washcloth over your lips every morning.
- If you feel a blister starting to form on your lips, apply toothpaste right away.
- Chapped, rough lips: put a bit of honey on them, nice and thick and let it absorb well. Don't lick it off!!!
- Chapped lips: Don't lick your lips!!!! Put a bit of baby oil on them, wipe it off after a minute with soft hands or a washcloth. Definitely don't lick off!!!
- What also helps really well against chapped lips is gently rubbing across your lips with your finger, not with the nails, your own body fat from your fingers also creates soft lips.
- At any drugstore you can get a very good fat ointment, which doesn't give off a bad taste when you put it on. Neribas ointment! Works incredibly well when all else fails!!!



TIPS

4) Tips for the skin

- Use bath oil or bath salt to stop dehydration of the skin.
- You can remove dead skin cells with a washcloth, sponge or a pumice stone.
- It's best you don't take a bath too long, because the skin can't breathe through the pores when you do. Also make sure your water isn't too warm (max. 36°C / 96.8 °F), because that isn't good for the blood flow either.

5) If you keep your body warm, you are less likely to have cold hands/feet.

6) Warming up slowly, in bed underneath the blanket, is more advised than taking a warm bath/shower when you're cold.

Clothing

1) Make sure your shoes aren't too tight, because tight shoes make your toes get cold faster.

2) Multiple layers of thin clothing are warmer than one big sweater, because the warmth stays between the layers.

Nutrition tips

1) Don't skip meals. Have 3 healthy meals a day and several healthy snacks.

2) Regularly put fish on the menu. Eat oily fish once a week, it ensures you'll get sick less often.

3) Drink a lot of water, this clears the body and removes all waste. Tea, unsweetened fruit juice or vegetable juice also work well for this purpose.

4) Eat many vegetables and fruit. They contain a lot of potassium and this has a blood pressure decreasing effect.

5) Choose fiber rich food. After all fiber also helps lowering the cholesterol.

6) Smokers absorb vitamin C less quickly from their food. Because of this they have to take vitamin C supplements or of course stop smoking!

Antistress tips

1) Do you feel stressed?

Try the following: stop doing what you're doing for 30 seconds. Take a deep breath in and out.

Depending on how you

feel you can try to organize everything clearly, think of nothing or relax by imagining pearly white beaches, a cozy terrace or a pleasant sauna.

2) No matter how stressed you are, always try to make time to eat calmly and deliberately.

3) Always make sure that at least one hour before you go to bed, you occupy yourself with something relaxing. A good book, a meditation exercise, a relaxing song, ...

4) Laugh!! Nothing is as relaxing as a good dose of laughing hormones that go through your body. Put on a good comedy, invite your funniest friend and joke around for a while... You'll feel the stress flow out of your body!

5) Try to keep your body as stress free as possible. Vitamin B6 should have a good effect on the stress hormone.

6) Have some regular me-time when you run through positive things in your life. Green colors should reduce stress. Always worth the try!



Translation: **Magali**