

# Current Treatments for ALD

*Talk to your health care provider about these potential treatment options. ALD Connect physicians are available for consultation. Please contact [admin@aldconnect.org](mailto:admin@aldconnect.org) with questions*

- **Allogeneic Hematopoietic Stem Cell Transplant** (allo-HSCT) is the only currently approved treatment that can stop the progression of cerebral ALD symptoms. This procedure is typically performed when a patient's disease is early stage. It has not been proven to be effective if the ALD symptoms are advanced.
  - Treatment involves administering stem cells from an unaffected individual to the ALD patient.
  - Stem cells may come from a relative, unrelated donor or a cord blood bank
  - Here is a link to one website that explains allo-HSCT:  
<http://bethematch.org/Transplant-Basics/>
- For patients with cerebral ALD whose disease is too advanced for allo-HSCT, there is **palliative care** to help them be more comfortable. Some medications may help with symptoms such as seizures, spasms, constipation etc.
- Additionally, there are **medications** available to help manage symptoms of Adrenomueloneuropathy (AMN) such as incontinence, spasticity, and nerve pain.
- **Exercise** is important for AMN. ALD Connect has produced a video demonstrating some exercises that may be helpful

[https://youtu.be/VnAoWJ5\\_WWs](https://youtu.be/VnAoWJ5_WWs)

Note: It is important to check with the patient's doctor (and physical therapist, if applicable), on what exercises are appropriate for the patient.

\*Researchers are investigating potential new treatments for patients with ALD and AMN. A good resource to look for ongoing clinical trials is <https://clinicaltrials.gov> → key word: adrenoleukodystrophy or adrenomyeloneuropathy