



MG Management Discussion Guide

Healthcare appointments are so important! First, they are great opportunities for you to talk about the daily impacts of myasthenia gravis (MG). And second, you can use this time to build a better treatment plan with your provider.

Here are some conversation starters that can help you get the most out of your time with your healthcare team.



Sometimes OK is not OK. Even if you feel “fine,” being an informed self-advocate and preparing for your appointments is crucial, because you are the expert when it comes to living with MG and knowing what you need.

Managing MG, reducing symptoms and if possible, aiming for minimal symptom expression (MSE)

Symptom tracking is a great way to get an overall picture of how you're doing.¹ It also may help your healthcare team assess how well your symptoms are being managed.²

Used regularly, the Myasthenia Gravis Activities of Daily Living scale (MG-ADL) can help connect symptoms you experience with their impact on your day-to-day life. Over time, you may want to set a goal of reducing your MG-ADL score. A score of zero or one on the MG-ADL scale is considered MSE, and it indicates someone has no symptoms or is almost symptom free at the point of assessment.²⁻⁴

Below you'll find some useful questions all about symptom tracking and MSE to help get your conversation with your healthcare provider started.


Symptom tracking

1. What's the best way for me to track my MG symptoms so that I can easily share that information in our next visit?

2. When and how often should my symptoms be tracked?

3. Will tracking my symptoms indicate how well my treatment is working?

4. In addition to tracking them, what else can I do to decrease my symptoms, and if possible, get closer to minimal symptom expression (MSE)?

 Consistency is key! Symptom tracking is important even when you're feeling good.

MG treatments

When it comes to MG treatments, there's a lot to consider: effectiveness, safety, pre-treatment prep, when and how the treatment is received (orally, intravenous infusions, subcutaneous injections, etc.) and so much more. It's a lot to remember. Here are some valuable questions to support that important discussion.

TIP: Be sure to think about what is most important to YOU when considering a treatment option.

Learning about treatments

1. What are realistic goals or expectations for achieving minimal symptoms with my treatment?

2. What does a treatment schedule based on my needs and symptoms look like?

3. What are the different ways that treatments can be given?

Considering a specific treatment based on a doctor's recommendation

1. How effective is this treatment?

2. What side effects should I be aware of when taking this treatment? Is there anything from my medical history that I should be mindful of?

3. Is a vaccination required before receiving this treatment? If so, how much time needs to pass until I can receive the treatment?

4. How often would I need to get this treatment? What circumstances (if any) would change my regimen?

5. Is there anything I can do to prepare for how I might feel after my treatment?

Additional question and room for notes

How can I discuss coverage with my insurance company? Any specifics that should be mentioned?

Notes and other questions:

Join the Challenge



Are you ready to Go for Greater treatment knowledge? Download the guidebook or join the challenge at GoforGreaterWithMG.com.

References

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2. Vissing J, et al. *J Neurol*. 2020;267(7):1991-2001.
3. Albazli K, et al. *Front Immunol*. 2020;11:917.
4. Zhao R, et al. *J Transl Med*. 2021;19(1):285.

