

Talking, Chewing and Swallowing with MG:

Discussion Points and Expert Tips



Here is your comprehensive guide for discussing and managing symptoms related to talking, chewing and swallowing with myasthenia gravis (MG). **This guide was made in partnership with neurologist Dr. Charulatha Nagar,* speech-language pathologist Leanne Goldberg* and members of the MG community.**

Bring it to your next doctor’s visit to help drive a productive conversation!

IDENTIFY YOUR GOALS

Tell your healthcare team exactly what you want to achieve—big or small. And be specific!

Goals I want to achieve

Ex: Find a breakfast meal I can eat with ease

Ex: Give a presentation at work



Not sure what your goals are? Think about your challenges and go from there.

Current challenges

Ex: My speech slurs during work meetings

Ex: I have trouble chewing and swallowing my breakfasts

“It’s beneficial to share concerns, goals and what has and hasn’t worked in the past. Anything you want to share, no matter how trivial you may think it is, could be helpful.”

Leanne Goldberg
Speech-language pathologist



TIPS FOR EVERYDAY MANAGEMENT

These practices may help you manage symptoms related to talking, chewing and swallowing:

- * Set alarms/reminders to rest your voice throughout the day
- * Write or type your words instead of saying them aloud (if you feel speech challenges coming on)
- * Position yourself closer to people when speaking, so you don't have to project as much and can reduce competition with background noise
- * Avoid wearing accessories that can put pressure on your neck (i.e., use ear pods instead of heavier headphones)
- * Make a list of foods and beverages that have triggered choking or similar issues with chewing and swallowing so you know what to avoid
- * Incorporate MG-friendly recipes into your diet that feature foods that may be easier to chew and swallow, like [this minestrone soup](#)

PRO TIP: Take the [Let's Cook recipe finder quiz](#) to discover an MG-friendly recipe that works for you!



TRACKING AND COMMUNICATING ABOUT SYMPTOMS

Try these methods to help articulate your symptoms to your healthcare team:

- * Text yourself or take photos/videos with your smartphone to document what's happening (this automatically timestamps your experiences)
- * Keep notepads around your house so you can easily jot down symptoms when they hit you, wherever you are
- * Count from 1-50 and document how many breaks you need to take
- * Use the [Myasthenia Gravis Activities of Daily Living \(MG-ADL\) interactive tool](#) to gather quantifiable data on your symptoms that you can share with your doctor

CHECK OUT MORE MG DISCUSSION GUIDES!

- ✓ [Talking to Your Healthcare Team About Symptom Management](#)
- ✓ [Talking to Your Family and Close Friends](#)
- ✓ [Talking to Your Children](#)
- ✓ [Talking to Your Partner](#)