

Vision and Eye Symptoms with MG: Discussion Guide and Tips from an Expert



This discussion guide was made in partnership with neurologist Dr. Charulatha Nagar* and members of the MG community. These hints, tips and tools may help manage your ocular symptoms. You can even fill out the goals sections and bring them with you to your next doctor's appointment.

IDENTIFY YOUR GOALS

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

Goals I want to achieve

1. Ex: Give a presentation at work
2. Ex: Join a book club
- 3.
- 4.
- 5.
- 6.
- 7.



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

Current challenges

1. Ex: My eyelid droops during photos
2. Ex: I have trouble seeing the golf ball when I tee off
- 3.
- 4.
- 5.
- 6.
- 7.

TIPS AND TOOLS THAT MAY HELP WITH EVERYDAY MANAGEMENT

- * Prism glasses may help with double vision
- * Alternating an eye patch from one eye to the other may help with double vision
- * Rest your eyes whenever you can; take breaks throughout the day. For example, if you spend a lot of time at the computer, follow the 20/20/20 rule: Every 20 minutes, look 20 feet away for 20 seconds¹
- * Switch to an audiobook when reading a book or tablet gets tough
- * Many popular television shows (news, true crime, talk shows) have a podcast equivalent that you can listen to instead of watching the episode on TV
- * Sunglasses may help with light sensitivity



MAKE YOUR DEVICES WORK FOR YOU

Check your computer, tablet and cellphone's accessibility settings. With a couple of clicks, you can make using your devices more comfortable. Some adjustments can include:

- Increasing text size
- Use a screen reader—a type of software that can read or spell words it detects onscreen²
- Enabling dictation capabilities (speaking instead of typing text messages)
- Using a zoom-in feature
- Increasing contrast (or enabling dark mode) to help with eye strain
- Adding a timer to limit social media use

TRACKING AND COMMUNICATING ABOUT SYMPTOMS

Try these tips from people living with MG 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
- * Use the [Myasthenia Gravis Activities of Daily Living \(MG-ADL\) interactive tool](#) to gather quantifiable data on how your daily activities are being impacted by certain symptoms

This discussion guide is intended as educational information. It does not replace a doctor's judgment or clinical diagnosis.

References

1. Medline Plus. Eye Care. Last reviewed Feb. 14, 2017. Accessed July 9, 2010. <https://medlineplus.gov/eyecare.html>
2. American Foundation for the Blind. Screen Readers. Accessed July 9, 2024. <https://www.afb.org/blindness-and-low-vision/using-technology/assistive-technology-products/screen-readers>



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](#)

