

Discussion Guide: Talking to Your Healthcare Team About MG

START THE CONVERSATION ABOUT YOUR MG SYMPTOMS, ABILITIES AND GOALS WITH YOUR HEALTHCARE TEAM

This guide may help you talk to your healthcare team about your current MG **symptoms**, how they are affecting your day-to-day **abilities** and how your current management plan is helping you work toward your **goals**.



How to use this guide

- 1. Fill out and bring** this guide with you to your next appointment with your healthcare team. Make sure to fill out the Myasthenia Gravis Activities of Daily Living (MG-ADL) Profile on the back. The MG-ADL scale is a tool that helps identify the impact MG has on a person's daily life by providing an assessment of the severity of their symptoms.
- 2. Discuss** your current MG symptoms and how they impact your abilities and goals with your healthcare team.
- 3. Ask** your healthcare team about any recommendations they may have to help meet your personal goals.

MG Symptoms	Abilities HOW DO THESE MG SYMPTOMS IMPACT YOUR ABILITIES?	Goals IF THESE MG SYMPTOMS AND ABILITIES IMPROVED, WHAT WOULD YOU HOPE TO BE ABLE TO DO?
[EXAMPLE] Talking	My speech is slurred	To feel less self-conscious when speaking, especially in public
Talking		
Chewing		
Swallowing		
Breathing		
Impairment of ability to brush teeth or comb hair		
Impairment of ability to arise from a chair		
Double vision		
Eyelid droop		

MG Activities of Daily Living (MG-ADL) Profile

Answering these eight questions with your doctor can reveal how MG affects you every day.

Grade	0	1	2	3	Score (0, 1, 2 or 3)
1. Talking	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal, but can be understood	Difficult to understand speech	
2. Chewing	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube	
3. Swallowing	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	
4. Breathing	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	
5. Impairment of ability to brush teeth or comb hair	None	Extra effort, but no rest periods needed	Rest periods needed	Cannot do one of these functions	
6. Impairment of ability to arise from a chair	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance	
7. Double vision	None	Occurs, but not daily	Daily, but not constant	Constant	
8. Eyelid droop	None	Occurs, but not daily	Daily, but not constant	Constant	

MG-ADL score total (items 1-8) =



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