



MYASTHENIA GRAVIS Doctor discussion guide

1 Check in with yourself

On a scale of 1 to 5, how have you been feeling lately in general?

(poor) 1 2 3 4 5 (great)

If you answered with a 1 or 2, talk to your doctor about why you might be feeling like this and ask if there is anything else that can help you to manage your health better.

Have you been experiencing any new MG symptoms, or have any of your existing symptoms worsened, since your last visit?

If you are experiencing new or worsening symptoms, note below how often you are experiencing these symptoms and how they are affecting your quality of life and daily routine, if they seem to happen at a certain point in the day/night, or if they tend to occur after certain activities/movements or in certain conditions.

2 Treatment considerations

Are you satisfied with your current treatment regimen?

- Yes
 No

If not, why not?

- The side effects are intolerable.
 I don't feel I am responding to the treatment.
 I feel like I am progressing faster on the medication.
 It doesn't fit in well with my daily routine.
 It is too difficult for me or my caregiver to administer.
 Other _____

Are you interested in potentially exploring other treatment options?

- Yes
 No

If you answered yes, be sure to ask your doctor about other treatment options and discuss if a treatment switch might be appropriate for you and your current situation.

Do you have any other concerns about your current treatment regimen you would like to discuss with your doctor?

3 Daily management strategies

Are you interested in learning more about other strategies besides your treatment regimen that may help you manage your MG on a daily basis?

- Supplements/vitamins Sleep hygiene
 Diet/nutrition Emotional/mental healthcare
 Exercise/physical therapy Other

Your doctor may be able to advise you on some of the above strategies or refer you to another specialist who can help you further.

4 Other notes

Use this space to write down additional questions you want to ask your doctor or other points of discussion.

5 Myasthenia Gravis Activities of Daily Living

The Myasthenia Gravis Activities of Daily Living scale (MG-ADL) can help you to determine how your symptoms are affecting your daily life. Filling out this form before each doctor visit can help you guide the conversation with your doctor.

Indicate a score from 0 to 3 (0=normal; 3=most severe) for each symptom and add up your total at the bottom. Go over the results with your doctor at your next appointment.

Symptom	0	1	2	3	Score
Talking	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal speech, but can be understood	Difficult-to-understand speech	
Chewing	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube	
Swallowing	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	
Breathing	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	
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	
Impairment of ability to rise from a chair	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance	
Double vision	None	Occurs, but not daily	Daily, but not constant	Constant	
Eyelid droop	None	Occurs, but not daily	Daily, but not constant	Constant	
					Total score (out of 24)

Source: "Utilization of MG-ADL in myasthenia gravis clinical research and care," *Muscle & Nerve* 6 Jan 2022.



Want more information?

See our guide to [navigating MG](#) on *Myasthenia Gravis News* or scan this QR code.



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