



## MYASTHENIA GRAVIS

### Doctor discussion guide

#### 1 Checking in on your day-to-day life

On a scale from 1 to 5, how would you rate your overall energy and strength over the past couple of weeks? (1 = very limited, 5 = fully independent)

1      2      3      4      5

How often do your MG symptoms interrupt or slow down your daily routine?

- ☐ Never
- ☐ Occasionally
- ☐ Several times a week
- ☐ Most days
- ☐ Every day

Are there specific moments during the day when symptoms reliably show up or worsen? Describe the timing, situation, and what you think may contribute to this.

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#### 2 Your treatment and care plan

Does your current treatment feel as though it supports the way you want to live day to day? If not, what would a better fit look like for you?

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Would you like to discuss other treatment options or adjustments that might better fit your goals?

- ☐ Yes
- ☐ No

#### 3 Daily strategies and self-management

What strategies currently help you manage MG on a day-to-day basis? (Examples include pacing activities, planning rest periods, using mobility aids, and simplifying tasks.)

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Are there areas in which you would like additional support or guidance, such as exercise recommendations, managing fatigue, meal planning, or tracking symptoms?

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Are there situations that consistently worsen your symptoms? Examples include heat, stress, long conversations, certain foods, and poor sleep.

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#### 4 Notes and conversation points for your doctor

Use this space to write down anything else you want to talk about during your visit:

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## 5 Myasthenia Gravis Activities of Daily Living scale

The Myasthenia Gravis Activities of Daily Living scale (MG-ADL) can help you 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
<b>Talking</b>	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal speech, but can be understood	Difficult-to-understand speech	
<b>Chewing</b>	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube	
<b>Swallowing</b>	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	
<b>Breathing</b>	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	
<b>Impairment of ability to brush teeth or comb hair</b>	None	Extra effort, but no rest periods needed	Rest periods needed	Cannot do one of these functions	
<b>Impairment of ability to rise from a chair</b>	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance	
<b>Double vision</b>	None	Occurs, but not daily	Daily, but not constant	Constant	
<b>Eyelid droop</b>	None	Occurs, but not daily	Daily, but not constant	Constant	
<b>Total score (out of 24)</b>					

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.

**Myasthenia Gravis**

