



## 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                         |                                   |
| Source: <a href="#">"Utilization of MG-ADL in myasthenia gravis clinical research and care," Muscle &amp; Nerve 6 Jan 2022.</a> |        |  |  |                                  | <b>Total score</b><br>(out of 24) |



### Want more information?

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

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