## 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.
- 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 How often do you have these Mg symptoms?	Hourly	Daily	Weekly	Monthly	Rarely/ Never
[EXAMPLE] Muscle fatigue (overall)		$\checkmark$			
Muscle fatigue (overall)					
Muscle weakness in arms and/or legs					
Double vision					
Eyelid droop					
Trouble eating, chewing and/or swallowing					
Nasal or slurred speech					
Shortness of breath					
<b>Difficulty with grooming</b> (combing hair, brushing teeth, etc.)					
Difficulty walking or getting around					
Other, please specify					



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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] Muscle fatigue (overall)	Makes it difficult to cook	Make Sunday d'inner for my family
Muscle fatigue (overall)		
Muscle weakness in arms and/or legs		
Double vision		
Eyelid droop		
Trouble eating, chewing and/or swallowing		
Nasal or slurred speech		
Shortness of breath		
<b>Difficulty with grooming</b> (combing hair, brushing teeth, etc.)		
Difficulty walking or getting around		
Other, please specify		

## Use this space below to write down questions and anything else you would like to discuss with your healthcare team.