

MG Emergencies Card



* Keep this card on you in case of an emergency. Share it with ER providers or paramedics to help communicate key information.

References

1. Hehir MK, et al. *Neurol Clin.* 2018;36(2):253-260.
2. Myasthenia gravis: symptoms & causes. Mayo Clinic. June 22, 2023. Accessed December 14, 2023. <https://www.mayoclinic.org/diseases-conditions/myasthenia-gravis/symptoms-causes/syc-20352036>
3. Grob D, et al. *Muscle Nerve.* 2008;37(2):141-149.
4. Myasthenia gravis (MG): signs and symptoms. Muscular Dystrophy Association. Accessed December 14, 2023. <https://www.mda.org/disease/myasthenia-gravis/signs-and-symptoms>
5. Twork S, et al. *Health Qual Life Outcomes.* 2010;8:129.

* Print this page, cut out the card content and fold it at the dotted lines.

MG Emergencies Card

I have myasthenia gravis (MG). Here's what you need to know:

MG is a rare autoimmune, neuromuscular condition that causes muscle weakness and fatigue.¹ Complications from MG are treatable, but some of them can be life-threatening.²

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Please contact my doctor to discuss any of this information, including medications and tests:

Physician name: _____

Phone #: _____

Institution: _____

Specialty: _____

Additional healthcare team information: _____

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COMMON MG SYMPTOMS³⁻⁵

I tend to experience the following in an MG crisis:

<input type="checkbox"/> Eyelid drooping	<input type="checkbox"/> Shortness of breath/difficulty breathing
<input type="checkbox"/> Blurred or double vision	<input type="checkbox"/> Weakness in the arms and legs
<input type="checkbox"/> Difficulty speaking	<input type="checkbox"/> Difficulty walking/standing
<input type="checkbox"/> Difficulty chewing/swallowing	<input type="checkbox"/> Fatigue from repeated muscle use
<input type="checkbox"/> Choking	
<input type="checkbox"/> Difficulty supporting neck	

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PERSONAL INFORMATION

Full name: _____

Emergency contact

Name: _____

Phone #: _____

Relationship: _____

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PERSONAL INFORMATION (CONT'D)

Medications: _____

Medication allergies/contraindications: _____

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