

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)		✓			
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					
Difficulty with grooming <i>(combing hair, brushing teeth, etc.)</i>					
Difficulty walking or getting around					
Other, please specify					

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)	<i>Makes it difficult to cook</i>	<i>Make Sunday dinner for my family</i>
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		
Difficulty with grooming <i>(combing hair, brushing teeth, etc.)</i>		
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.