

Doctor Discussion Guide

gMG
NEVER
RESTS

Take charge to identify uncontrolled gMG with your doctor

If you or your loved one are living with unpredictable and unexpected symptoms that often impact daily life, your generalized myasthenia gravis (gMG) may be uncontrolled.

Use this guide to help give your doctor a complete picture of what you experience, so **together you can identify and better manage uncontrolled gMG.**



Patient Portrayal

Starting the conversation about your gMG

Your gMG experience may involve unpredictable day-to-day impacts like trouble walking, eating, breathing, and constantly feeling fatigued.

Having a detailed discussion about your gMG with your doctor may help you and your healthcare team better manage your condition.



Since your last visit, how often have you experienced these physical gMG symptoms? *(Check all that apply.)*

	DAYS	WEEKS	MONTHS
Difficulty getting out of a chair or limited ability to move around			
Struggling with doing household chores (such as laundry or vacuuming)			
Trouble speaking			
Complications with breathing			
Problems with eating, chewing, swallowing, and/or drinking			
Impaired vision and/or drooping eyelids			
Trouble with driving			
Frequently feeling fatigued			
Trouble with grooming (such as brushing teeth or combing hair)			
An exacerbation (please share if you had to be hospitalized)			

Since your last visit, how often have you experienced gMG symptoms that disrupt your professional life? *(Check all that apply.)*

	DAYS	WEEKS	MONTHS
Missed days at work/school			
Reducing the number of hours you work or taking more breaks			
Quality of work was affected			
Inability to work			

Since your last visit, how often have you experienced gMG symptoms that disrupt your personal life? *(Check all that apply.)*

	DAYS	WEEKS	MONTHS
Missed social events due to feeling tired/weak			
Increased feelings of sadness or despair			
Unable to participate in hobbies			
Ability to care for children/family			

“ My neurologist knows me the best and I trust him completely.
 – Dale, living with gMG for 5 years

Do you have any goals you'd like to discuss with your doctor? You can add your notes here (such as maintaining modifications, working on well-being, etc).

What modifications have you made in order to complete daily activities (such as using a hair dryer stand or taking breaks while brushing your teeth)?

Add any changes in your physical health or changes in your ability to do other activities.

Questions you may want to ask your doctor

Your appointment is your time to provide and receive information about your health. Planning questions to ask beforehand and setting goals for obtaining specific information can help you take full advantage of this time.

Consider these general questions to ask your doctor:

- What symptoms should I look for?
- What should I do if I notice a new symptom?
- How will I know if any new symptoms are related to gMG?
- How can I stay on top of updates about ways to better manage my gMG?
- Are there other things that can support my overall health while living with gMG—such as diet, exercise, or vitamins?

Make a note of any other questions or topics you want to discuss.

The importance of sharing your experiences



Your doctor may know a lot about gMG, but you are the expert on how it's affecting your day-to-day life.

Find additional tips and tools for partnering with your doctor at [gMGNeverRests.com](https://www.gMGNeverRests.com).

References:

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