

Doctor Discussion Guide

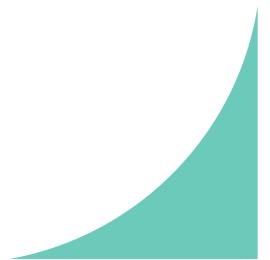
How to start the conversation about your generalized myasthenia gravis (gMG)

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



Since your last visit, how often have you experienced problems with the following?

	Daily	A few times a week	A few times a month	Never
Talking				
Chewing				
Swallowing				
Breathing				
Impairment of ability to brush teeth or comb hair				
Impairment of ability to arise from a chair				
Double vision				
Eyelid droop				





Since your last visit, how often have you experienced gMG symptoms that disrupt your professional life?

	Daily	A few times a week	A few times a month	Never
Missed work/school				
Reduced 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?

	Daily	A few times a week	A few times a month	Never
Missed social events due to feeling tired/weak				
Increased feelings of sadness or despair				
Unable to participate in hobbies				
Inability to care for children/family				

Do you have any goals you'd like to discuss with your doctor (such as improving your ability to go about daily activities, working on well-being, etc.)?

What changes 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.

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

Consider asking your doctor these questions:

General questions:

- 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?

Treatment questions:

- What treatments are available that may benefit me?
- What types of gMG do they treat?
- How are these treatments given?

The information on this page is intended as educational information for patients and their healthcare providers. It does not replace a healthcare provider's independent medical judgment or clinical diagnosis.

