

Staying ahead of uncontrolled gMG

Like other people living with generalized myasthenia gravis (gMG), you may be dealing with uncontrolled disease. That's why it's important to learn how to identify symptoms that may be impacting your daily life, and share them with your doctor.



Now

Are you having difficulty



walking, or doing household chores, or having trouble chewing or swallowing?

Are you making modifications



like using a hair dryer stand because your arms are weak, or eating softer food to make it easier to chew and swallow?

Before Your Next Appointment

Customize your Dr. Discussion Guide

to give your doctor a clearer picture of your symptoms. That way your doctor can determine if your gMG is uncontrolled.



Over Time

Use the gMG Journal

as a single place to track your symptoms, emotions, and thoughts over time to regularly share with your doctor.

