



Supporting the Myasthenia
Community in Ohio & Beyond

MG OHIO NEWS

MAY 2025

Volume 13 Issue 5

JUNE 21-22, 2025

Southwest MG Ohio will be holding a Regional Walk
and Patient Education Conference.

More information on page 3.

MG Ohio

Executive Board

Dr. Suzanne Ruff	President
Dr. Robert Ruff	Vice-President
Unassigned	Treasurer
Laura Lodge	Secretary

Board of Directors

Dr. Elsheikh Bakri	Dr. Daniel Benson
Dr. Ben Claytor	Amanda Cordrick
Larry Dix	Dr. Miriam Freimer
Dr. Bashar Katirji	Dr. Hani Kushlaf
Dr. Yuebing Li	Gina Oradini
Sharon Rastatter	Amy Shaper
Dr. Kylie Sramek	Saul Wiener

If we can assist you with medical
care referrals, resources, durable
medical equipment, or information
about MG, **contact us at 216-218-
0477** (leave a message)

**You will find a wealth of infor-
mation at the website:**

MGOhio.org

To Donate to
MG Ohio, scan
here



MG Ohio Zoom Support Group Meetings **1st and 4th Thursdays**

When: May 1, 2025 03:00 PM ET

https://zoom.us/join/join?secret=JcRcO6urTgiGtK3l9l_RXk1QDozODwbXpFs

Dial in: 309-205-3325

Meeting ID: 936 7763 3806 Passcode 586068

When: May 22, 2025 07:00 PM ET

https://zoom.us/join/join?secret=tJUkceCtqjOjHNaMrXHj4XLLH1K4BzKYld_U

Dial in: 301-715-8592

Meeting ID: 919 6954 6962 Passcode 799908

Saturday night chats weekly at 6:30 pm (ET)

<https://zoom.us/join/join?secret=tJUfu6grDsjG9PS1AQG9vWTYeTnNJAZtumm>

Dial in: 646-931-3860

Meeting ID: 993 9782 0917 Passcode 730070

After registering, you will receive a confirmation
email containing information about joining the
meeting.



Celebrate! May Events

- May 4th (Sunday): World Laughter Day
- May 6th (Tuesday): National Nurse's Day, World Asthma Day.
- May 8th (Thursday): World Red Cross Day
- May 11th (Sunday): Mother's Day.
- May 15th (Thursday): National Chocolate Chip Day,
- May 23rd (Friday): World Turtle Day.

MG Ohio Educates

Ask the Expert

By Dr. Daniel Benson

How do we as patients interpret
information on side effects?

We're sometimes very concerned
about starting or continuing a
medication when we read about its
side effects.

As a neurologist, I understand that
navigating medication information,
especially concerning side effects,
can be daunting. Let's explore how
to interpret this information
effectively. First, it's important to
know that side effect lists are
designed to be exhaustive, and that
not everyone who takes that
particular medication is destined to
have all of those side effects. Also,
your physician will take your
medical history, current
medications, allergies, and other
symptoms into consideration when
deciding which medications (and
their possible side effects) may work
best for you. If there are specific
side effects that are of concern, I
encourage you to discuss these with
your doctor.

Are they listed in order of frequency
or seriousness?

Side effects for medications are
often listed by frequency and
sometimes by seriousness. The
most common side effects
commonly appear in the initial
sections of the information
provided, often categorized as
"very common" (e.g. affecting more
than 1 in 10 people) or
"common" (e.g. affecting 1 in 10 to
1 in 100 people).

Continued on page 3

2025 MG Ohio Meetings:

MG Ohio

Northeast Ohio (NEO) In-Person Support Group Meetings:

May 10, 2025 - 1:00-3:00 pm

Metro Health November Campus
7800 Pearl Rd. Middleburg Hts., OH 44130

This will be a hybrid meeting broadcast over [Zoom](#). Please use the link or call to join:

<https://zoom.us/j/95377894109?pwd=NoN8jb0pTRZkrtXEdZkuxfmaja2vdd.1>

Dial in: 1 305 224 1968 Meeting ID: 953 7789 4109 Passcode: 980913

NOTE: This year regular NEO meetings will be BYOW (bring your own water) Coffee will be available. Donations of baked goods always welcome.

In celebration of June MG Awareness Month, at our June 14th regular meeting, we will have our Annual Ice Cream Social. Ice cream will be provided and all are asked to bring a topping to share.

MG Ohio

Central Ohio In-Person & Zoom Support Group Meetings:

May 5, 2025 - 4:30 pm

The Dempsey Family Education and Resource Center
at OhioHealth Neuroscience Center Riverside Methodist Hospital
3535 Olentangy River Road, Columbus, Ohio 43214
Parking is free (with vouchers we will provide at the meeting). Park in the "Red" parking garage.

We plan for this to be a hybrid meeting for in-person support group members and their caregivers/families as well as online via WebEx for those unable to attend in-person. (WebEx is an online meeting platform similar to Zoom) www.ohiohealth.webex.com Please contact Sharon or Cathy at centralohiomg@gmail.com or by phone at 614-334-1140 for the Webex meeting code.

MG Ohio

Southwest Ohio In-Person Support Group Meetings:

May 10, 2025 - 1:00-3:00 pm

Mayerson JCC
8485 Ridge Road, Cincinnati, Ohio 45236.
Lisa Cruz from Argenx will be joining us
(Take the Ridge Road Exit from the Ronald Regan Highway)
RSVP to Erica at amannerica@gmail.com.

This will be a hybrid meeting broadcast over Zoom. *Please use the link or call to join:*

<https://zoom.us/j/97131113585?pwd=r52SrnweJG59pfVbfKqyNCrweZqZh.1>

Meeting ID: 971 3111 3585 Passcode: 974695

May 21, 2025 - 11:00 am

Cincinnati Scavenger Hunt: Cincy's Grand City Sights

On May 21st, we'll be going on a scavenger hunt called, Cincy's Grand City Sights! We will be meeting at the Cincinnati Public Library Downtown Cincinnati at 11 am. On our hunt, we will solve puzzles, complete challenges, and explore historical landmarks. We get to go at our own pace, and the total walking distance in the scavenger hunt is 1.53 miles and has 8 stops. It should be a lot of fun!

SOUTHWEST MG OHIO PATIENT EDUCATION CONFERENCE



CONFIRMED FEATURED GUEST SPEAKERS

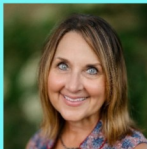


LIZ PLOWAN, MD
PHYSICAL THERAPIST
AUTHOR OF

SOME SPOONS ARE WORTH SPENDING
TOPIC:
MG & PHYSICAL THERAPY



HANI KUSHLAF, MD
NEUROLOGY
UC HEALTH DIRECTOR OF
NEUROMUSCULAR DISORDERS
TOPIC:
MG 101



VICKIE PETZ KASPER, MD
PODCAST:
LIFESTYLE MEDICINE
HEALTHY LOOKS GREAT ON YOU
TOPIC:
THE UNEXPECTED GIFTS OF MG



JUNAID MALIK, MD
CRITICAL CARE, PULMONARY,
AND SLEEP MEDICINE CERTIFIED
DAYTON RESPIRATORY CENTER
TOPIC:
HOW MG AFFECTS THE DIAPHRAGM AND
BEST SLEEPING MACHINES FOR MG PATIENTS

AND MORE TO COME!

THIS EVENT IS FREE!

FOR MORE INFORMATION EMAIL AMANNERICA@GMAIL.COM
OR VISIT OUR WEBSITE WWW.MGOHIO.ORG/SOUTHWEST-EVENTS

THANKS TO OUR SPONSORS



THE PURPOSE OF THIS CONFERENCE OFFERS ATTENDEES A CHANCE TO CONNECT WITH THE ORGANIZATION'S MISSION, LEADERSHIP, AND INITIATIVES. OUR CONFERENCE WILL BE AN EXCITING OPPORTUNITY TO ENGAGE, LEARN, AND CONNECT. JOIN US FOR AN INSPIRING LINEUP OF INTERACTIVE SESSIONS DESIGNED TO EMPOWER PATIENTS, CAREGIVERS, AND HEALTHCARE PROFESSIONALS ALIKE. DIVE INTO THE LATEST BREAKTHROUGHS IN TREATMENT AND MANAGEMENT OF MG. GAIN VALUABLE INSIGHTS FROM EXPERTS, AND SHARE EXPERIENCES WITH OTHERS WHO UNDERSTAND YOUR JOURNEY.

SAVE THE DATE!

JUNE 21 - 22, 2025

LOCATION
HOLIDAY INN, EASTGATE
4501 EASTGATE BLVD
CINCINNATI, OH 45245

ROOMS WILL BE AVAILABLE AT A DISCOUNTED GROUP RATE UNDER THE NAME MG OHIO - MORE INFO TO COME

SOUTHWEST MG OHIO
MYASTHENIA GRAVIS
AWARENESS WALK



'WALK A MILE' IN OUR SHOES

JUNE 21ST
EASTGATE MALL
CHECK IN @ 9:30 AM
WALK: 10 AM - 12 PM
EVENT IS FREE!
ADULT T-SHIRTS \$25
YOUTH T-SHIRTS \$15

The agenda is on the Southwest page on the MG Ohio Website. Registration is NOW OPEN! To register go to: www.mgohio.org/southwest-events

SAVE THE DATES

JUNE 21-22, 2025

Southwest MG Ohio will be holding a Regional Walk and Patient Education Conference. (see flyers above and to the right)

SEPTEMBER 7, 2025

Northeast MG Ohio will be holding a Regional Walk at the Chalet in the Cleveland Metroparks Strongsville.

Ask the Expert - continued from page 1
As you read further, you'll encounter less frequent side effects, such as "uncommon" or "rare." Any potentially life-threatening or severe side effects are usually highlighted in special sections or noted with warnings, such as black box warnings. These are crucial to pay attention to, as they indicate the need for immediate medical attention if experienced.

Do we have to "add them up?" For instance, if we're already in one medication that causes dizziness, should we avoid another that causes dizziness?

There may be some degree of cumulative effect when taking multiple medications with similar side effects. For instance, if you are already taking a medication that causes dizziness, adding another with the same side effect might increase the intensity or frequency of dizziness. Many medications do have overlapping side effects; however, as mentioned above, this does not necessarily mean that those side effects are guaranteed and that adding the second medication is contraindicated. You should discuss these concerns with your physician who can help balance the benefits and risks, possibly adjusting dosages or finding alternative treatments that minimize overlapping side effects.

When should we report side effects and how?

You should report side effects when they are severe, persistent, or bothersome. Severe side effects, such as chest pain, difficulty breathing, or severe allergic reactions, require immediate medical attention. For less severe side effects, contact your physician to discuss them, as they may require a change in your treatment plan or supportive measures to alleviate them. Finally, always communicate openly with your healthcare provider about your concerns and experiences with medications. They are there to help you find the most effective and safe treatment plan tailored to your needs.

SAVE THE DATE

MC OHIO SOUTHWEST
MYASTHENIA GRAVIS
AWARENESS WALK

JUNE 21, 2025
CHECK IN STARTS
@ 9:30 AM
AWARENESS WALK
10 AM - 12 PM

JUNE 21, 2025
EASTGATE MALL
4501 EASTGATE BLVD.
CINCINNATI, OH 45245
MALL WALKING!

'WALK A MILE' IN OUR SHOES

All walkers must register to participate. When you register you will have the opportunity to purchase an Awareness MG Ohio Southwest Walk t-shirt to wear the day of the walk. You can also register for our Patient Education Conference at the same time. Registration will open on April 15, 2025 at www.mgohio.org/southwest-events. You'll also have the opportunity to download the walk flyer with the MG Walk's mission and an example letter asking for sponsors/donations for you as you walk. June is Myasthenia Gravis Awareness Month Myasthenia Gravis.

SPONSORS:

ALEXION
argenx
Byer Steel

ADULT WALKER
FREE
REGISTRATION WITH AN EVENT T-SHIRT
ADULT SIZE \$25

YOUTH WALKER
FREE
REGISTRATION WITH AN EVENT T-SHIRT
YOUTH SIZE \$15

MG Ohio Website: Visit us at www.mgohio.org

For all the latest local MG news, upcoming events, and newsletters

Is there a topic or subject that you would like to see covered in the monthly *MG News*?

Email us at news@mgohio.org and let us know!

Did you know that at www.mgohio.org you can view educational videos, download newsletters and brochures, and get all the latest information about our in-person and online meetings?

Check out our MG Alliance Partners Page <https://mgohio.org/mg-alliance> for information about other MG groups in different parts of the country that hold online meetings. Just click on their logo and you will be taken to their site. You are always welcome to attend any online meeting wherever you may live.

Need help paying for your meds?

Check out the following sites:

<https://www.needymeds.org/>

[Good Rx.com](http://GoodRx.com)

<http://www.themedicineprogram.com/>

<http://www.togetherrxaccess.com/p/prescription-savings>

<https://mat.org/> (Medication Assistance Tool)

<http://www.rxhope.com/Patient/AssistanceRequest.aspx>



SAVE THE DATE

**Northeast MG Ohio
Sunday, July 20 - 10am - 2pm
Therapy Summit at the Cleveland Zoo**

Spend the day at the zoo with our MG Ohio community!

We have rented the Rising Waters pavilion for a special day of connection and education around physical and speech therapy.

Our day will include life hacks, best practices, group exercises, and the opportunity to visit individually with Dr. Kylie Sramek, Amanda Cordrick, and members of the Synergy Physical Therapy & Wellness team.
(plus time to explore the zoo)

Note that no regular meeting will be held in July due to our gathering at the zoo.

DID YOU KNOW?

- You can find the latest clinical trials for myasthenia gravis by going to : www.clinicaltrials.gov
- MG Ohio has formed an alliance with other independent MG Support Organizations across the country. Go to <https://mgohio.org/mg-alliance> to find such virtual groups as Black with MG, Muscle Makers (for crafters), Young Adults, and LGBTQ+
- MG Ohio offers one-on-one mentoring in our MG Friends program. Contact us at mgohio@mgohio.org to participate.

IN PERSON - MAY 2025 MEETINGS:

Northeast Ohio

May 10 - 1:00-3:00 pm

**Metro Health November Campus
7800 Pearl Rd. Middleburg Hts. OH 44130**

Southwest Ohio

May 10 - 1:00-3:00 pm

**Mayerson JCC
8485 Ridge Road, Cincinnati, Ohio 45236**

Central Ohio

May 5 - 4:30 pm

**The Dempsey Family Education and Resource Center
3535 Olentangy River Road, Columbus, Ohio 43214**