



Supporting the Myasthenia
Community in Ohio & Beyond

MG OHIO NEWS

JULY 2026

Volume 14 Issue 7

Please ...
SUPPORT OUR COOK BOOK PROJECT
Deadline Extended
RECIPES NEEDED!

MG Ohio

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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 information at the website:

MGOhio.org

To Donate to
MG Ohio, scan
here



MG Ohio Zoom Support Group Meetings

1st Thursday

When: July 2, 2026 - 03:00 PM ET

[https://zoom.us/meeting/register/tJcrcO6urTgiGtK3l9l_RXk1QDozODwbXpFs](https://zoom.us/join/https://zoom.us/meeting/register/tJcrcO6urTgiGtK3l9l_RXk1QDozODwbXpFs)

Dial in: 309-205-3325

4th Thursday

The 4th Thursday Zooms at 7:00 pm are taking a break until September 2026.

The 1st Thursday Zooms will continue at 3:00 pm as usual.

Saturday Nights

Saturday night chats weekly at 6:30 PM ET

[https://zoom.us/meeting/register/tJ0ufu6grDsjG9PS1AQG9vWTYeTnNJAZtumm](https://zoom.us/join/https://zoom.us/meeting/register/tJ0ufu6grDsjG9PS1AQG9vWTYeTnNJAZtumm)

Dial in: 646-931-3860

ZOOM MEETING FOR PARENTS OF MG KIDS

Formed to give parents of MG Kids an opportunity to interact with other parents of MG Kids.

Led by Kori Khan, parents have the opportunity to chat and encourage one another.

This meeting is held every month on the 2nd Saturday at 4:30 pm ET

We hope you will join us!

This group is a welcoming space for parents and caregivers of children with MG and CMS to connect, share their journeys, and support one another.

2nd Saturday

Parents of MG Kids

When: July 11, 2026 - 04:30 PM ET

Please contact Kori and register at ohiomgparents@gmail.com you will receive the sign in information after you register

MG Ohio Educates

Ask the Expert

**Today's answer comes from
Dr. Robert Ruff**

Q. Why does heat make me weak?

A. The answer relates to the effect of heat or body temperature on electrical transmission. At the neuromuscular junction (NMJ) the nerve terminal releases a chemical, the neurotransmitter called acetylcholine (ACh).

ACh induces a small electrical response in muscle fibers. The small localized electrical response induced by ACh, called the endplate potential (EPP), has to be large enough to trigger a larger electrical response that travels the entire length of the muscle fiber. The larger electrical response, called an action potential (AP), involves entire muscle fibers. The AP is what triggers muscle fibers to contract.

The electrical response at the NMJ and the AP are both chemical electrical phenomena. A simple electrical response such as turning on a room light has little temperature variation. In contrast, the electricity associated with a chemical electrical process is sensitive to temperature. Recall that the chemical electric batteries in cars are sensitive to temperature.

The chemical electrical responses of the EPP and muscle AP are more complex than a battery. The EPP and muscle fiber AP have complex sensitivities to temperature. In all people, the coupling between the EPP and the AP becomes weaker as body temperature rises. For people without MG, the EPP remains large enough to trigger an AP as

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2026 MG Ohio Meetings:

MG Ohio Northeast Ohio In-Person Support Group Meetings:

July 11, 2026 - 1:00 pm-3:00 pm

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

We will have a special speaker; Shelley Gerson, Argenx Associate Director of US Patient Advocacy; at this meeting.

This will be a hybrid meeting.

Register in advance for this meeting:

<https://zoom.us/join/zoom/register/VRldgxMkQAeQ-P2vPltIRA>

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

NOTE: regular NEO meetings will be BYOW (bring your own water). Coffee will be available.

MG Ohio Central Ohio In-Person Support Group Meetings:

July 20, 2026 - 4:30-5:30 pm

The Dempsey Family Education and Resource Center
OhioHealth Neuroscience Center Riverside Methodist Hospital
3535 Olentangy River Road, Columbus, Ohio 43214

This is a hybrid gathering for those living with MG and MG-related disorders and their caregivers/families, in-person as well as online via WebEx. (WebEx is an online meeting platform similar to Zoom.)

Parking is free (with vouchers we will provide at the meeting). Park in the "Red" parking garage. Please contact Sharon or Cathy at centralohiomg@gmail.com or by phone at 614-334-1140 for the WebEx meeting code.

If you can attend only part of the meeting online, please hop on to the call and/or leave when it works for you. Same for in-person! We know this time isn't the best for everyone and want to accommodate you the best we can.

MG Ohio Southeast Ohio In-Person Support Group Meetings:

To Be Determined

Wheeling Park at the White Palace
1801 National Rd,
Wheeling, WV 26003

This is a historic building located in beautiful Wheeling Park. The building is handicap accessible and has a Starbucks, important to members as they like coffee to go with the cookies that I provide at each meeting. The building also has ample free parking.

For more details regarding time and location, please contact Jay Adams at 304-780-9274.



Registration opens

July 1, 2026

www.mgohio.org



MG Ohio NEO Awareness Walk

5k/1 mile walk or run

Honoring Dr. Robert Ruff's many years of dedicated service to MG Patients

September 13, 2026

10:00 am

Mill Stream Run Chalet

Strongsville, OH



COOK BOOK PROJECT

Deadline Extended

We are creating a cookbook for MG patients, family, and friends - created by you, for you! Send us your favorite appetizers, soups, main dishes, gluten-free, desserts, holiday dishes, etc. We need about 300 recipes to fill our books.

We will be compiling these recipes, sending them off to be published in a book unique to MG Ohio and offering them for sale. Throughout the book we will be able to explain what myasthenia gravis is and how it affects us. It will be used as an awareness tool as much as a super fun fundraiser.

For additional information, please contact Events@MGOhio.org (or) Gina Oradini by text or phone at (440) 225-2069.

Please use Recipe Collection Sheet to submit recipes.

Use the QR code to the right or go to www.mgohio.org and download the recipe form.



Ask the Expert - continued from page 1
temperature rises due to the safety factor. But for people with MG, the EPP is smaller so people with MG have little or no safety factor.

For a person with MG, due to the small safety factor, even small rises in temperature can lead to weakness. In MG, the compromise of neuromuscular transmission varies from muscle to muscle in a person as does the temperature sensitivities of muscles.

There are several strategies to reduce heat-induced weakness:

1. Avoid high temperatures or unprotected exposure to heat or sunlight. Shade is cool.
2. Stay well hydrated so that your body can sweat properly to help keep you cool. Cold drinks can help to keep you cool. Alcohol can have complex effects on neuromuscular transmission, so be careful.
3. Consider using cooling devices if you are outside.
 - a. Small electrical fans
 - b. Wear a cooling garment – can be purchased or made by you.
 - i. I suggest getting a fishing vest from a sporting goods store with many external pockets. Pick one that is light and roomy and that you can wear inside out, cooling packs in the inside out vest. You will need to experiment to get the distribution of cooling packs that is effective and comfortable for you. Do not use "dry ice" as this is too cold.

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Celebrate! July Events

- **July 4:** Independence Day
- **July 14:** National Mac and Cheese Day
- **July 28:** National Waterpark Day
- **July 29:** National Chicken Wing Day
- **July 30:** International Day of Friendship
- **July 31:** National Avocado Day

MG Ohio Website: Visit us at www.mgohio.org
For all the latest local MG news, upcoming events, and newsletters



MG Ohio's Northeast Support Group held a Lunch and Learn event on June 14th at the Holiday Inn South in Independence. Fifty-two people were in attendance including patients, family & caregivers, sponsors, and speakers.

We all enjoyed interacting with our sponsors from Alexion, Argenx, Johnson & Johnson, and UCB.

Larry Dix, MG Ohio's President, welcomed the crowd and introduced our two speakers, Dr. Yuebing Li and Amy Shaper, MSW LSW, who both gave interesting talks and answered many questions from the audience.

You can find their presentations on the website by using the QR code here or go to

<https://mgohio.org/neo-mg-presentations>



Fortunately, the event concluded just before the big storm hit on that Sunday so hopefully everyone made it back home safely before the wind and rain.

Thank you to the Events Committee – Gina Oradini, Laura Lodge, Kylie Sramek, and Rebecca Molitoris.



The Ohio State University Department of Neurology hosted its inaugural MG Community Day at the Fawcett Center in Columbus on Saturday, June 6.

MG Ohio was present with a table to share information about and register interested attendees with the Central Ohio Wellness Community (support group) and for the MG Ohio newsletter and cookbook.

The conference proved so popular registration closed early. As a result of having to turn away patients due to space constraints — and from positive feedback from the 230+ patients and caregivers who attended the conference — the neurology department looks forward to making this an annual event! This year's conference included sessions by Ohio State University medical providers and staff speaking on MG in general, clinical drug trials and the importance of participating as patients, new and upcoming MG treatments, and more.

We look forward to participating again in 2027!

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.

Need help paying for your meds?

Check out the following sites:

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

[Good Rx.com](http://www.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>

<https://accessiahealth.org/patient-programs/>

IN PERSON - JULY 2026 MEETINGS:

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Southeast Ohio

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