



Supporting the Myasthenia
Community in Ohio & Beyond

MG OHIO NEWS

JUNE 2025

Volume 13 Issue 6

JUNE 21-22, 2025

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

More information on page 3.

MG Ohio

Elected Officers

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

Board of Directors

Dr. Elsheikh Bakri	Dr. Daniel Benson
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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: June 5, 2025 03:00 PM ET **CORRECTED DATE**
https://zoom.us/join/join?jtrk=UkceCtqj0jHNaMrXHj4XLLH1K4BzKYld_U
Dial in: 309-205-3325
Meeting ID: 936 7763 3806 Passcode 586068

When: June 26, 2025 07:00 PM ET **CORRECTED DATE**
https://zoom.us/join/join?jtrk=UkceCtqj0jHNaMrXHj4XLLH1K4BzKYld_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?jtrk=UkceCtqj0jHNaMrXHj4XLLH1K4BzKYld_U
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.



JUNE IS MG AWARENESS MONTH

Celebrate! June Events

- June 3:** World Bicycle Day.
- June 5:** World Environment Day.
- June 6:** National Donut Day.
- June 8:** National Best Friends Day
- June 14:** World Blood Donor Day.
- June 15:** Father's Day.
- June 19:** Juneteenth.
- June 21:** International Yoga Day.

JUNE

MG AWARENESS MONTH FEATURE ARTICLE

Evolution of the Treatment of Myasthenia Gravis

By Robert L. Ruff, MD, PhD

In observance of June
Awareness, I would like to focus
on how treatment of
Myasthenia gravis (MG) has
evolved. The study of MG is in
a period where new
methodologies for treatment
are emerging at an amazing
rate. This is an exciting and
hopeful time for people with
MG and MG-related conditions,
their caregivers and loved ones.
I would like to talk about past
events that increased our
understanding of MG and laid
the foundation for the
emergence of new ways of
addressing MG. There are more
important people and events
than can be discussed in this
short, focused article. I will
focus on people I knew of or
worked with.

Myasthenia Gravis is Treatable

MG has been recognized for several
centuries but for most of that time
there were no treatments available.
The first person to demonstrate a
treatment for MG was Dr. **Mary
Broadfoot Walker** (1888 – 1974), a
Scottish physician who practiced in
Great Britain. In 1934 she noted
similarities between MG and curare
poisoning. She successfully treated a
continued on page 3

2025 MG Ohio Meetings:

MG Ohio

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

June 14, 2025 - 1:00-3:00 pm

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

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.



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: 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.

MG Ohio

Central Ohio In-Person & Zoom Support Group Meetings:

To Be Determined - 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:

June 14, 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=r52SrnweJG59pfVbfKqyNCrweIzqZh.1>

Meeting ID: 971 3111 3585 Passcode: 974695

June 21-22, 2025

Southwest MG Ohio will be holding a Regional Walk and Patient Education Conference. See Page 3



**SOUTHWEST MG OHIO
PATIENT EDUCATION CONFERENCE**



JOIN US!

MG OHIO SOUTHWEST MYASTHENIA GRAVIS AWARENESS WALK

JUNE 21, 2025



**'WALK A MILE'
IN OUR SHOES**
EASTGATE MALL
CHECK IN @ 9:30 AM
WALK: 10 AM - 12 PM

REGISTER NOW!
THESE EVENTS ARE FREE!!

www.mgohio.org/southwest-events

CONFERENCE LOCATION-
HOLIDAY INN, EASTGATE
4501 EASTGATE BLVD.
CINCINNATI, OH 45245

EVENT SCHEDULE AND MORE IS LOCATED ON OUR WEBSITE
ROOMS ARE AVAILABLE AT HOLIDAY INN
FAIRFIELD INN & SUITES RIGHT NEXT DOOR IS
GIVING A 15% OF DISCOUNT - USE CODE "KFJ"

THANKS TO OUR SPONSORS

ALEXION, ARGENX, DYER STEEL, INNOVATIVE PULMONARY PARTNERS, JOHNSON & JOHNSON, UCS

SOUTHWEST MG OHIO PATIENT EDUCATION CONFERENCE JUNE 21-22, 2025

GUEST SPEAKERS



LIZ PLOWMAN, PT, DPT, LMT
PHYSICAL THERAPIST

AUTHOR OF
SOME SPOONS ARE WORTH SPENDING

TOPIC:
MG & PHYSIO THERAPY



HANI KUSHLAF, MD
NEUROLOGY

UC HEALTH DIRECTOR OF THE NEUROMUSCULAR
MEDICINE, NEUROMUSCULAR RESEARCH,
NEUROMUSCULAR DISORDERS DIVISION

TOPIC:
THE BASICS OF MG (MG 101)



VICKIE PETZ KASPER, MD
PODCAST:

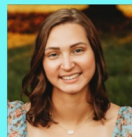
LIFESTYLE MEDICINE
HEALTHY LOOKS GREAT ON YOU!

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



CHANDLER MURRAY, OTD, OTR/L
PELVIC HEALTH OCCUPATIONAL THERAPIST
TRI-HEALTH ARROW SPRINGS

TOPIC:
HOW PELVIC FLOOR THERAPY CAN ASSIST
THOSE WITH MG



JON P. WILLIAMS, DO, PH. D.
MULTIPLE SCLEROSIS & AUTOIMMUNE

NEUROLOGY
PREMIER HEALTH, THE CLINICAL
NEUROSCIENCE INSTITUTE

TOPIC:
IMMUNOLOGY OF MG



REBECCA MOLITORIS

FOUNDER OF MG OHIO
PRESIDENT EMERITUS OF MG OHIO
MG PATIENT

TOPIC:
SUPPORTING ONE ANOTHER

FOR MORE INFORMATION EMAIL MGOHIOSOUTHWEST@GMAIL.COM

person with MG using a drug similar to pyridostigmine (Mestinon). Dr. Walker showed that MG was a disorder in the neuromuscular junction (NMJ), the connection point between nerve and muscle fibers).

MG is an autoimmune disorder

Serendipity led to early advances in MG. James Patrick and Jon Lindstrom wanted to isolate the acetylcholine receptor (AChR) by making antibodies against the AChR. In their work, rabbits developed muscle weakness that resembled MG. Treating the rabbits with a Mestinon-like agent temporarily reversed the weakness. Doug Fambrough, Dan Drachman and Luke Kao showed that the NMJs of people with MG were abnormal in structure and had a deficiency of AChR. Andrew Engel demonstrated that complement was deposited at the NMJ in MG. Dr. Vanda Lennon showed, in animal models of MG, that complement activation was critical for the development of NMJ damage associated with MG. Research showed that several types of lymphocytes contributed to both MG development and progression, which led to many types of immune-based treatments for MG. AChRs were linked to several other important proteins, including MuSK, LRP4, and agrin. Antibodies against newly-recognized NMJ proteins produced variants of MG and led to new treatment strategies.

Greater understanding of the immune system led to new ways to treat MG. Using manufactured antibodies that target different parts of the immune system enable clinicians to tailor more effective treatment for each MG patient.

The past ten years has seen a veritable explosion of research in MG. It is truly an amazing time of frequent breakthroughs and new therapies. More and more people with MG can live fuller lives with more treatment choices and more hope for the future.

JUNE 21-22, 2025 Southwest MG Ohio will be holding a Regional Walk and Patient Education Conference. (see flyer above)

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

JULY 20, 2025 **

Northeast MG Ohio is having a Therapy Summit at the Cleveland Zoo - see page 4

SEPTEMBER 7, 2025 **

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

** There will be Basket Raffles at both Northeast MG Ohio events.

The Event Committee is asking for donations. If you, your family members, or friends have a business, or personally can donate, we are looking for the following things. Gift cards, tickets to events, or other items to be put into the baskets. We appreciate it very much. You can reach Gina at 440-225-2069 or email at goradini@dettoregroup.com. Thank You.

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**

**RSVP by July 1 to events@mgohio.org
or call Gina at 440-255-2069**

- ▶ 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.
- ▶ Zoo admission & lunch complimentary for MG patients & caregivers. Family also welcome & can reimburse MG Ohio for admission.
- ▶ 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)
- ▶ Visit with our sponsors. (Alexion, Argenx, possibly UCB)
- ▶ Fantastic Gift Basket Raffle.

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 - JUNE 2025 MEETINGS:

Northeast Ohio

June 14 - 1:00-3:00 pm

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

Southwest Ohio

June 14 - 1:00-3:00 pm

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

Central Ohio

To Be Determined

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