



WELCOME!

to our

Southwest Support Group Meeting!

March 8, 2025

Please make sure you sign in,
pick up a name tag,
and
choose your seat!

**Special Guest
Today:**

**Dr. Junaid
Malik**

**Help yourself to
refreshments!**



MG Ohio Mission Statement

MG Ohio is committed to supporting those living with myasthenia gravis (MG) and MG related disorders as well as their caregivers, friends, family, and the greater MG community by providing information and support through education, community programs, and advocacy; and to raise awareness about MG and MG related diseases in the greater community. MG Ohio provides such support through:

- Regular online and in-person meetings**
- Educational materials**
- Speakers and Seminars**
- Physician referrals**

Leadership Contact Information

Phone Numbers:

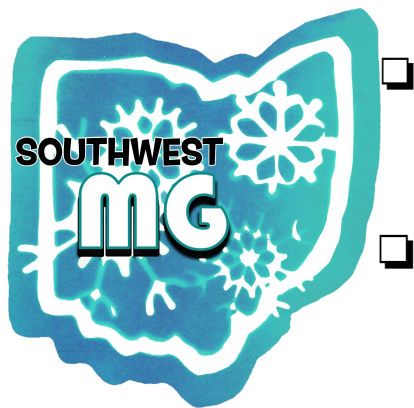
- ❖ **Southwest Support Group Leader:**
 - Erica Amann: (513) 767-6750
 - Co Leader Saul Wiener
- ❖ **MG OHIO President:** Suzanne Ruff: (216-218-0477)

Emails:

- ❖ **Southwest Support Group** : You should be receiving monthly emails or reminder emails about meetings from amannerica@gmail.com or SW MG OH Support Group - Erica Amann
 - These emails are to mainly keep you up to date with our local group, to inform you of upcoming meetings, get a head count of attendees, to pass on important information, etc. (Also the email to use to respond to or email questions, comments or concerns to.
- ❖ **MG OHIO** : You should be receiving monthly emails from mgohio@mgohio.org
 - Sends out mainly monthly emails with a newsletter full of great information about things going on with MG Ohio, monthly advice from an expert, updates on research and/or clinical trials, new information about MG, Meeting Dates for in Person and virtual, Ways to Participate, how to help get Drug Coverage Support

Websites:

- ❖ www.mgohio.org
- ❖ **Facebook Page - MG Ohio**
 - <https://www.facebook.com/profile.php?id=100091976665013&mibextid=LQQJ4d>



Today's Agenda

❑ Old Business -

- ❑ Rare Disease Day, Last Friday February 28th we had 5 people attend the Escape Room.
- ❑ Don Marcello won the gift card from the member data update

❑ New Business -

- ❑ MGFA National Patient Conference - Phoenix, Arizona March 30th - April 1st, Patients and Caregivers are FREE to attend
- ❑ **MG Ohio Southwest T-shirts** - available to order
- ❑ **NEXT MEETING - APRIL 12, 2025**
 - ❑ Paul, Madison, and myself will be sharing information from the MGFA National Patient Conference
- ❑ **SAVE THE DATE! MG Ohio Southwest Awareness Walk & Patient Awareness Conference, June 21 - 22, 2025**
- ❑ **April 15, 2025 - Tax Day! Lets have Donuts & Coffee @ 10 am**
 - ❑ Hurts Donut, 12110 Mason Rd., Cincinnati, Ohio 45249

❑ Guest Speaker - Dr. Junaid Malik

- ❑ How MG affects your diaphragm and best sleeping equipment
- ❑ Board certified in Critical Care Medicine, Pulmonary Disease, and Sleep Medicine

❑ Share and Care Time

- ❑ New member introductions
- ❑ New concerns, symptoms, new medications, doctors
- ❑ Positives you want to share

Rare Disease Day, February 28, 2025

Break Out - Runaway Train

We were able to STOP the train and the bomb before going off!



MG Ohio Southwest T-shirts

Option to Purchase T-shirt to wear to represent our group. This t-shirt would be purchased at the cost of the shirt, with no one making any extra money from it.

Why **SHOULD** you purchase a MG Ohio Southwest T-shirt?

1. It helps spread awareness about our support group when you wear it.
2. We can wear them as a group when we have a group outing and we look more unified.
3. They would be great to wear on a day during the conference this summer.
4. It gets people to ask questions about MG that may not be aware, so again bringing more awareness.

T-Shirts cost \$15 each

Available sizes: S, M, L, XL, 2XL, 3XL, 4XL

[Click Here To Order!](#)



2nd Annual MG Ohio Southwest Awareness Walk!

June 21, 2025

Check in @ 9:30 am

**Walk from 10 am - 12
pm**

Eastgate Mall

WALK IS FREE!

You don't have to
WALK, but it is
important for you
to be there!!

As it is an
**AWARENESS EVENT
FOR US!**



**'WALK A MILE'
IN OUR SHOES**

Silent Auction Items Already Donated!

(4) Tickets to the Cincinnati Zoo

(2) Kings Island Tickets

(1) Player Signed FC Cincinnati Soccer Ball

***If you know of any places that would like
to donate please ask them or let me know
and I will send them a letter.**

**We are selling t-shirts
with our theme of
the walk on it this
year, Walk a Mile in
Our Shoes this year.**

Adult Sizes \$25

Youth Sizes \$15

**What can you do right now to help? Save the date and
Spread the word about the walk to your friends and family!!!**

MG Ohio Southwest Patient Education Conference

June 21 - 22 2025

Location: Holiday Inn, Eastgate, 4501 Eastgate Blvd., Cincinnati, OH 45245

The Patient Education Conference is **FREE** for all Patients and Caregivers!

Registration will open April 15th on www.mgohio.org/southwest-events

Spread the word at your doctor's offices that we are having this conference. We will be sending a Clinical Newsletter out at the beginning of April but word travels quickly!

As of now, there will be (1) neurologist speak at the walk, at the Conference there will be (6) keynote speakers, (2) speakers in break out groups, (3) pharmas speaking, and many vendors/exhibitors to visit.

Friday, June 20th

6 pm - 8 pm Pre Conference Meet & Greet, McKenna's Grill in Holiday Inn

*Appetizers will be provided

Saturday, June 21st

1 pm Check in is open

2 pm - 5:30 pm Conference

*Snacks and Beverages will be provided.

Sunday, June 22nd

9 am Continental Breakfast, Registration open

9:30 am - 5:15 pm Conference

*Continental Breakfast, Beverages, Snacks, and Lunch will be provided.

Even though you are local you will have the option to stay at Holiday Inn or at the Fairfield Inn and Suites next door with a 15% off thanks to Eastgate Mall.

Meet Our Guest Speaker, Dr. Malik

HOW MG AFFECTS THE DIAPHRAGM AND BEST BREATHING MACHINES



Dr. Malik graduated from American University of The Caribbean School of Medicine. Dr. Junaid Malik, MD is a Critical Care Medicine Specialist in Middletown, OH. Dr. Malik currently practices at Dayton Respiratory Center and are affiliated with AdventHealth Orlando, Mercy Health-Fairfield Hospital, Mercy Health-West Hospital, Mercy Health-Clermont Hospital, Good Samaritan Hospital, Mercy Health-Anderson Hospital, Kettering Health Dayton and CGH Medical Center. Dr. Malik has experience treating conditions like Shortness of Breath, COPD (Chronic Obstructive Pulmonary Disease) and Sleep Apnea among other conditions at varying frequencies.

Dayton Respiratory Center

200 Medical Center Dr Ste 290, Middletown, OH 45005
(513) 857-3301

Unfortunately, I will not be sharing Dr. Malik's presentation at this time, as he will most likely be joining us again in June at our MG Ohio Southwest Patient Education Conference. Thanks!



Share and Care Time

Please feel free to update us or share what is going on in your life.

**Welcome
and
Introduce
NEW
Group Members!**

- **New symptoms? Less symptoms?**
- **Treatments? Working not working?**
- **Stresses? Less or more?**
- **Questions you may have that you want or need help bringing up to your Healthcare Provider?**
- **Are you currently satisfied with your Healthcare Provider or are you looking?**
- **Would you like to be contacted by someone from MG Ohio to check in with you or become an one on one MG Friend with you?**

SUPPORT GROUP DISCLAIMER –

Anything said here in confidence should remain in confidence. The information presented at this meeting does not necessarily reflect the views or official position of MG Ohio nor carry the endorsement of MG Ohio. For specific medical advice, please contact your treating physician. For more information, visit www.mgohio.org

PRIVACY NOTICE –

Your personal information including name, address, phone, email, and diagnosis will NEVER be shared outside of what you choose to share with this group. You should never be contacted by any third party for any reason. If you think your personal information has been compromised, notify us immediately at mgohio@mgohio.org



Meetings Coming UP...

- **March 27th @ 7 pm: Zoom Meeting**
 - https://zoom.us/meeting/register/tJUkceCtqj0jHNaMrXHj4XLLHIK4BzKYld_U
- **April 3rd @ 3 pm: Zoom Meeting**
 - https://zoom.us/meeting/register/tJcrcO6urTgiGtK3l9l_RXklQDozODwbXpFs
- **April 12th, 1-3 pm: SW Support Group Meeting In Person and over Zoom**
 - <https://zoom.us/j/97131113585?pwd=r52SrnweJG59pfVbfKayNCrweIzqZh.1>
- **April 15th @ 10 am: SW Donuts & Coffee Outing to Hurts Donut, 12110 Mason Rd., Cincinnati, Ohio 45249**
- **Every Saturday Night @ 6:30 pm: Zoom Chats**
 - <https://zoom.us/meeting/register/tJ0ufu6grDsJG9PSIAQG9vWTYeTnNJAZtumm>

Thanks for attending today and feel free to reach out to us before our next meeting if you need anything!

Your Southwest Support Group Leadership Team,
Erica & Saul

SW MG OH Support Group (Tentative)

Meetings/Events Calendar 2025

All Meetings are at Mayerson JCC from 1 pm - 3 pm
Located at 8485 Ridge Rd, Cincinnati Ohio 45236

January -

Jan. 11th Meeting: Zoom: Clinic Studies and New Research
Extra: NONE

February -

Feb. 8th Meeting: LeeJean Beringer - Alexion
Extra: Feb 2/28 Rare Disease Day - Escape Room

March -

March 8th Meeting: Dr. Malik - MG and the Diaphragm
Extra: March 29 - April 1 MGFA Conference - 3 attending

April -

April 12th Meeting:
Extra: April 15th Social - Coffee & Donuts, Hunts Donut, 12110
Mason Road, Cincinnati, Ohio 45249

May -

May 10th Meeting: Lauren Jarmen - Argenx
Extra: May 21st Social Event Cincinnati Scavenger Hunt: Cincy's
Grand City Sights

June -

June 14th Meeting:
Extra: June 21st - 22nd MG Walk and Patient Education
Conference

July -

July 12th Meeting:
Extra: July 21st Social - Lunch Outing

August -

Aug. 9th Meeting:
Extra: Aug. 23rd Social Event - Ice Cream Social

September -

Sept. 13th Meeting:
Extra:

October -

Oct. 11th Meeting: LeeJean Beringer - Alexion
Extra: TBD Social - Cincinnati Museum Center for their
"Off the Rails: Halloween Edition at the Hall of Justice"
event.

November -

Nov. 8th Meeting: Argenx
Extra:

December -

Meeting: NONE
Extra: Dec. 6th Christmas Party in Restaurant TBD