



Supporting the Myasthenia
Community in Ohio & Beyond

MG OHIO NEWS

MARCH 2025

Volume 13 Issue 3

Note: This is the last newsletter that I will be publishing. It has been a privilege to serve as your publisher for that last decade plus.

It is time to pass the baton.

All the Best, Rebecca

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 and 4th Thursdays



When: March 6, 2025 03:00 PM ET

<https://zoom.us/join/join?secret=1j0ufu6grDsJG9PS1AQG9vWTYeTnNJAztumm>

When: March 27, 2025 07:00 PM ET

<https://zoom.us/join/join?secret=tJ0ufu6grDsJG9PS1AQG9vWTYeTnNJAztumm>

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

<https://zoom.us/join/join?secret=tJ0ufu6grDsJG9PS1AQG9vWTYeTnNJAztumm>

**DAYLIGHT
SAVING TIME**
2025



Celebrate! March Events

- **March 8th International Women's Day**
- **March 17th St. Patrick's Day**
- **March 21st Diversity Day** This day was proclaimed by the United Nations in 1966 to raise awareness of racial discrimination and to promote equality, tolerance and diversity.

MG Ohio Educates

Ask the MG Expert

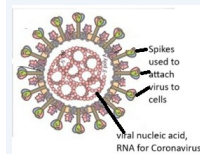
This month's ask the expert column was a presentation given by Dr Robert Ruff at a recent meeting:

Q. What are viruses? – Viruses are extremely small parasitic infectious particles. Viruses are parasites because they depend upon infecting other cells, bacteria, plant or animal cells to propagate.

A way to categorize viruses is based upon whether their the nucleic acid carrying the genetic code is DNA or RNA. RNA tends to be less stable than DNA and is more likely to mutate (change its structure). DNA viruses include several forms of pox virus such as the viruses that cause smallpox, chickenpox and measles.

It is easier to develop vaccines for DNA viruses in part because DNA viruses develop mutations at a slower rate so that a vaccine will remain effective for a longer period of time.

It is harder to make a vaccine for RNA viruses because the structure of the virus keeps changing so the components of the RNA virus that a vaccine tries to keep changing. RNA viruses include most of the viruses responsible for colds, AIDS (HIV), the viruses that cause influenza and coronaviruses which cause several diseases to hold in moisture.



Clip art of a virus showing an outer covering containing structures used to attach to the target cell for the virus (called spikes in the figure). Inside the outer covering is the nucleic acid of the virus along with other molecules that assist in the process of infecting a cell. This shows the spike pattern of Coronavirus.

Continued on page 3

2025 MG Ohio Meetings:

MG Ohio

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

March 8, 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>

Meeting ID: 953 7789 4109 Passcode: 980913

April 12, 2025 —1:00-3:00 pm

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

April 22nd - 10:30 am Meet us for Brunch at Marie Scramblers 26435 Great Northern shopping Center, North Olmsted 44070

MG Ohio

Central Ohio In-Person & Zoom Support Group Meetings:

March 24, 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:

March 8, 2025 —1:00-3:00 pm

Mayerson JCC Speaker—see below
8485 Ridge Road, Cincinnati, Ohio 45236.

(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

Southwest MG Ohio Support Group News—

On **March 8th**, our hybrid meeting will be presented by **Dr. Junaid Malik**. He will discuss how MG affects your diaphragm and best breathing machines available to give you support. Dr. Junaid Malik has been practicing medicine for 17 years. He is currently a critical care medicine specialist in Middletown, OH. Dr. Malik has extensive experience in Sleep Apnea and Obstructive Lung Disease. Our meeting will be at the **Mayerson JCC**, 8485 Ridge Road, Cincinnati Ohio from **1 pm – 3 pm**.



Save The Date!

We are excited to announce that the Southwest Support Group will be holding its 2nd Annual Awareness MG Walk and our 1st Patient Education Conference, June 21 – 22, 2025. We have some great speakers lined up such as Liz Plowman, physical therapist and author of *Some Spoons are Worth Spending*; Dr. Vickie Kasper, past ob/gyn diagnosed with seronegative MG and hosts her own podcast, *Healthy Looks Great On You*; Dr. Hani Kushlaf, Neuromuscular specialist and Director of the Neuromuscular Division at UC Health; and more! There will be more details to come such as locations, event schedule, and registration. Keep an eye out!

Serious Human diseases associated with Coronavirus (specific coronavirus):

SARS - Severe acute respiratory syndrome coronavirus (SARS-CoV), identified in 2003

MERS - Middle East respiratory syndrome-related coronavirus (MERS-CoV), identified in 2012

COVID-19 - Severe acute respiratory syndrome 2 ([SARS-CoV-2](#)) identified in 2019

The character of COVID-19 has changed since it initially appeared as a serious human disease. In the early phase of the pandemic, COVID was associated with a high mortality rate. As the pandemic continued COVID became more contagious, but less likely to cause death. People with MG and may be more likely to acquire COVID due to immunocompromise associated with MG and MG treatments. People with MG who develop COVID-19 are more likely to develop severe respiratory symptoms due to MG-associated difficulty with swallowing and respiratory weakness and having MG increases the likelihood that a person will need to be hospitalized and require mechanical ventilation.

While the COVID-19 pandemic may have abated, COVID is not gone. Because people with MG are more likely to have more serious cases of COVID they should be sure to keep their vaccinations up to date. **Note that the decision to get or not get vaccinated for the SARS-CoV-2 virus that causes COVID-19 should be made with your general health care professional and the physician managing your MG. Your healthcare providers have a deeper knowledge of your health needs and may decide to withhold vaccination based upon your unique health care history and needs.**

Unfortunately, social media contains a great deal of mis-information about COVID vaccination. I recommend depending upon information from reliable sites such as the Centers for Disease Control (CDC) and National Institutes of Health (NIH).

CDC Recommendations for COVID-19 Vaccination: People ages 12-64 years should receive 1 dose of the 2024-2025 Moderna or Pfizer-BioNTech or Novavax COVID-19 vaccine. **If you have never received** any COVID-19 vaccine and get Novavax, you need 2 doses of 2024-2025 Novavax COVID-19 vaccine to be up to date. **People ages 65 years** and older should receive: 2 doses of any 2024-2025 COVID-19 vaccine 6 months apart. While it is the *recommended* to get 2024-2025 COVID-19 vaccine doses 6 months apart, the *minimum time* is 2 months apart.

People with MG can be immunocompromised (have a weakened immune system) in association with the autoimmune disorders they have or do to medications or treatments that suppress their immune systems. You should discuss whether you are immunocompromised with the healthcare providers managing your MG. In general, immunocompromised people should receive the normal recommended schedule of vaccinations. In some cases additional vaccinations may be recommended. **Remember – decisions about vaccinations should be made with your MG healthcare professional.**

Paxlovid, an oral antiviral taken at home to reduce the severity of COVID-19. Take if during the first five days of symptoms. It lowers your risk of getting so sick that you need to be hospitalized. It is available for people over 12 years old.

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.

SAVE THE DATE

JUNE 21-22, 2025—Southwest Ohio will be holding a Regional Walk and Patient Education Conference. See page 2 for more information

SEPTEMBER 7, 2025—Northeast Ohio will be holding a Regional Walk at the Chalet in the Cleveland Metroparks Strongsville

Answers to last month's crossword:

Across

- Sleepy
- Mankiller
- Seven
- Robin

Down

- Snowflake
- MadameWeb
- Zebra
- NORD
- Niven

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>



Happy St Patrick's Day!



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