



MG OHIO NEWSLETTER

September 2023

Volume 11 Issue 9

Supporting the Myasthenia
Community in Ohio & Beyond

MG Ohio

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We are here for you and your family to provide help and hope for those living with Myasthenia Gravis in Ohio and beyond.

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

You will find a wealth of information at the website:
MGOhio.org

Want to donate to MG Ohio?

[Contact us](#) to find out how.

Help out MG Ohio:

Use the link below to sign up for Rare Patient Voice, MG Ohio will receive \$5 for every person chosen to participate. That money goes towards helping to fund this newsletter and run our support groups.

[Click here](#) to sign up.



2nd and 4th Thursdays 3:00 pm
until December 28, 2023

Register once below and get approved for all meetings.

<https://zoom.us/meeting/register/tJlpc-iqjloHNCPaKAHyOFjGu5rbVORJdlf>

The above link is good for the following dates:

Sept 14 & 28 Oct 12 & 26 Nov 9

Dec 14 & 28 (No meeting on Thanksgiving)

Weekly Saturday night chats starting at 6:30

pm ET [https://zoom.us/j/96504171582?](https://zoom.us/j/96504171582?pwd=ODFjbXZGZ1I2V2tJRTNHafVlcGFRdz09)

[pwd=ODFjbXZGZ1I2V2tJRTNHafVlcGFRdz09](https://zoom.us/j/96504171582?pwd=ODFjbXZGZ1I2V2tJRTNHafVlcGFRdz09)



A very BIG thank you to all who attended the Regional Conference on August 26th and a special thanks to the speakers and sponsors who made it possible!



Ask the MG Expert

During the last session of the conference, Dr. Hani Kushlaf, Dr. Yuebing Li, and Dr. Robert Ruff answered questions that participants had submitted in advance. Here are some of the questions from the Regional Conference:

- Q.** Does being on Prednisone make one more susceptible to infection?
A. Yes. Any immune-suppressant drug will lower your body's ability to fight off infection making you more susceptible to viruses and bacterial infections. Vaccines are encouraged
- Q.** Does living in a rural community and being exposed to agri-chemicals make one more likely to come down with an autoimmune disease?
A. While there is no direct correlation between instances of MG and living in rural communities, there has been an uptick in the number of cases reported perhaps due to the processed foods we eat and the chemicals in those foods. Some patients have felt better by changing to an organic diet. This will not cure MG but following an anti-inflammatory organic diet has been shown to help some patients feel better.
- Q.** Does thymectomy help ocular patients?
A. A long dialog ensued about the merits of thymectomy in gMG, but Dr Kushlaf pointed out that unless there is evidence of a thymoma, having a thymectomy for ocular only MG could do more harm than good leaving the patient at risk for certain types of cancer.
- Q.** Are there any alternative medicine options that will treat myasthenia gravis?
A. No. We do not know of any alternative drugs, or vitamins, or supplements that will treat MG.

MG Ohio In-Person Support Group Meetings:

MG Ohio

Northeast Ohio In-Person Support Group Meetings:

September 9—1:00-3:00 pm

Parma-Powers Library Meeting Room C

6996 Powers Blvd, Parma, Ohio 44129

(Across from Parma Hospital)

For more info, please contact Rebecca at 216-218-0477

or mgohio@mgohio.org

MG Ohio

Central Ohio In-Person & Hybrid WebEx Support Group Meeting:

Monday September 18—4:30 pm North Columbus

The Dempsey Family Education and Resource Center at the Ohio

Health Neuroscience Center at Riverside Methodist Hospital

3535 Olentangy River Road, Columbus, Ohio 43214

NOTE: Parking is free (with vouchers we will provide at the meeting). Park in the "Red" parking garage.

We are hoping for this to be a hybrid meeting with attendees in-person and online using WebEx (an online meeting platform similar to Zoom. This is what the meeting space uses).

For more information:

Please contact Sharon or Cathy at centralohiomg@gmail.com or by phone at 614-334-1140

MG Ohio

Southwest Ohio In-Person Support Group Meetings:

September 9 —1:00-3:00 pm

Mayerson JCC

8485 Ridge Road, Cincinnati, Ohio 45236.

(Take the Ridge Road Exit from the Ronald Regan Highway)

RSVP to Sharon Meyer slmeyer1954@gmail.com





Gathering Together Growing Stronger Conference Recap

Here are some pictures from the conference. Thank you to Ty Bryant, photographer!



The PowerPoint Presentations without commentary from the Regional Conference are now available on the MG Ohio website <http://www.mgohio.org> under the NEO Presentation tab. Videos of the event will be posted soon.

MG Ohio Website:

Visit us at www.mgohio.org

Have questions or comments? Send in your MG related questions to our **Ask the MG Expert** column

Email at mgohio@mgohio.org

NOTE: The assistance fund is accepting applications from patients with myasthenia gravis to help with the following out-of-pocket costs:

- Prescription drug assistance (copays, deductibles, and co-insurance) on FDA-approved treatment
- Health insurance premiums
- Therapy Administration costs
- Physician co-pays
- Treatment related travel costs

[The Assistance Fund \(tafcares.org\)](http://tafcares.org)

Need help paying for your meds? Check out the following sites:

<https://rarediseases.org/patient-assistance-programs/financial-assistance/?search=myasthenia%20gravis>—accepting new applications

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

[Good Rx.com](http://www.themedicineprogram.com/)

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

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

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

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

<http://www.myastheniagravis.org/we-can-help/what-we-do/> -for patients living in Indiana, Illinois, and Wisconsin

More info at: <https://myasthenia.org/Community-Resources/Resources-External-Assistance-Programs>



UPCOMING SEPTEMBER 2023 MEETINGS:

In Person—

September 9, 2023 1-3 pm

Northeast Ohio—Parma-Powers Library Meeting Room C

6996 Powers Blvd, Parma, Ohio 44129

Southwest—Ohio Mayerson JCC

8485 Ridge Road, Cincinnati, Ohio 45236.

Monday September 18—4:30 pm

North Columbus—Riverside Methodist Hospital

Dempsey Family Education and Resource Center
at the OhioHealth Neuroscience Center

3535 Olentangy River Road, Columbus, Ohio 43214