



MG OHIO NEWS

August 2024

Volume 12 Issue 8

Supporting the Myasthenia
Community in Ohio & Beyond



MG Ohio will be at the Health & Wellness Fair in Canton at the Stark Library this Saturday, July 27th from 11 am - 2 pm.

There will be lots of great give-a-ways, health screenings and fun activities for the whole family. We hope you'll come out and see us!

MG Ohio

Executive Board

Dr. Suzanne Ruff Tem	President Pro
Dr. Robert Ruff	Treasurer
Laura Lodge	Event Coordinator & Assistant Secretary
Rebecca Molitoris	President Emeritus
Board of Directors	
Dr. Elsheikh Bakri	Dr. Daniel Benson
Dr. Ben Claytor	Amanda Cordrick
Larry Dix	Dr. Miriam Freimer
Dr. Bashar Katirji	Dr. Hani Kushlaf
Dr. Yuebing Li	Sharon Rastatter
Amy Shaper	Dr. Kylie Sramek
Saul Wiener	



MG Ohio Zoom Support Group Meetings 2nd and 4th Thursdays

When: August 8, 2024 03:00 PM Eastern Time
(US and Canada)

<https://zoom.us/meeting/register/tJllcO6hrDwvHtd61R9VqPmOcl2wqkgs1P1h>

When: August 22, 2024 07:00 PM Eastern
Time (US and Canada)

<https://zoom.us/meeting/register/tJwpcu6rT4uEtapOZcjHU8ZtWrkYCAyT3Fs>

Saturday night chats weekly at 6:30 pm (ET)
Register in advance for this meeting:

<https://zoom.us/meeting/register/tJYvcuytqjgqHdSBm1nwDkGRL5Mi5jXJWKtd>



Happy Summer!

MG Ohio is a 501(c)(3) designated non-profit

Ask the MG Expert

Today's column is by Dr. Yuebing Li

Q. What is a muscle cramp and why do I get them?

A. A muscle cramp is an involuntary and painful contraction of one or a group of muscles. Muscle cramps can occur in any body part, but mostly commonly calves, hands and feet. They occur frequently in one region but can happen simultaneously in different body parts. Most cramps are self-limited. Severe and persistent cramp could impair sleep and overall life quality. Rarely, severe muscle cramps may cause muscle or bone injuries.

Causes— Muscle cramps can be seen in healthy people, myasthenia gravis patients, and patients with many other conditions. The incidence of muscle cramps increases with age. Studies suggested nighttime leg cramps occur 7.3% of the time in children and approach 50% in adults 60 or older. Cramps that occur only in the calf and foot muscles at night are likely to be benign – not indicative of any underlying disorders. Muscle cramps can also occur in patients with electrolyte imbalance, dehydration, vitamin deficiency, muscle overuse, infection, medication. and many others.

In patients with myasthenia gravis, frequent muscle cramps could be caused by medication (ie. pyridostigmine or prednisone) or muscle overuse. However, other causes are equally possible.

What to do— If muscle cramps occur frequently or become debilitating, record their location, duration, intensity, possible triggering factors and accompanying symptoms. You should consider sharing these features with your doctor. Your doctor may check electrolytes, liver and kidney function, vitamin and hormone levels. Medications such as statin drug and diuretics (water pill) can also cause muscle cramps. You doctor may review and change your medications.

Muscle Cramps continued on page 3—

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 MG Ohio at 216-218-0477 (leave a message)

You will find a wealth of information at the website:

MGOhio.org

Scan here to donate to MG Ohio



2024 MG Ohio Meetings:

MG Ohio

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

August 10 – 1:00-3:00 pm

Central—Annual Ice Cream Social (see page 3)
6305 Halle Dr., Valley View OH 44125

September 14 – 1:00-3:00 pm

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

October 12 – 1:00-3:00 pm

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

November 9 – 1:00-3:00 pm

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

December 7 – 1:00-4:00 pm

Annual Christmas/Holiday Party—Pioneer Ridge Lodge
9479 Saw Mill Trace, North Ridgeville, OH 44039

MG Ohio

Central Ohio MG In-Person Support Group Meeting:

Monday, August 19 – 4:30 pm

The Dempsey Family Education and Resource Center at the OhioHealth Neuroscience Center at 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.)

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:

The Southwest Ohio MG Support Group will meet the following months in 2024: Jan., Mar., May, Jul., Sept., and Nov. The exact Saturday we meet during these months will be added as soon as our meeting place confirms the dates.

NEW

August 10 – 1:00 – 3:00 pm

Ice Cream Social – Graeter's (see page 3)
110 S. 2nd Street
Loveland, Oh 45140

NOTE: Everyone's responsible for their own check.

Muscle Cramps continued from page 1—

Prevention— Most cramps usually subside by itself or by lengthening or stretching cramping muscles. There may not be a need for taking medications for infrequent or isolated muscle cramps. If you have frequent muscle cramps, vitamin B supplement, vitamin D supplement, calcium and tonic water could be helpful. Your doctor may also prescribe muscle relaxants.¹

Muscle cramps can be prevented or reduced by regular light exercise, good hydration, avoiding excessive heat, reducing triggering medications and treatment of underlying medical conditions. Gentle massage of the muscles that tend to cramp and avoidance of vigorous exercises are also helpful measures.

¹ NOTE: Muscle relaxants are on the list of medications to use with caution – use only under your neurologist’s care.

JOIN US! AUGUST 10TH AT 1 PM SOUTHWEST MG OHIO SUPPORT GROUP Graeter's ICE CREAM SOCIAL

110 S. 2nd ST., Loveland Ohio 45140



Hope to see you at Graeter's! Please note this is a separate check event.

Northeast Ohio Ice Cream Social August 10th 1 pm Pipefitters Hall 6305 Halle Dr., Valley View, Ohio 44125

Ice Cream Provided - Bring a topping to share

R.S.V.P 216-218-0477 or email mgohio@mgohio.org



Brain and Life Magazine – Summer Edition is devoted to Myasthenia Gravis

To view click here:

<https://www.brainandlife.org/the-magazine/myasthenia-gravis-special-issue-summer-2024>

What's in our virtual closet to borrow?

- Walkers
- Canes
- Potty chair
- Portable Aluminum Ramps

If you need one of these items, call or text 216-218-0477 and leave a message. If you have something you'd like to donate to our virtual closet, let us know.

Someone is looking for a way to attach a wheelchair to the back of their car. If you know of a device, let us know.

What's happening at MG Ohio – Since Rebecca's retirement from her Presidential duties, Suzanne Ruff is currently President Pro-tem. At the next MG Ohio Board of Directors Meeting taking place in the third quarter, a new President will be voted in. If you would like to volunteer in any capacity at MG Ohio, please let Suzanne or a member of the Board know. Our ongoing programs, meetings, and awareness events will not be affected during this transition. We here at MG Ohio look forward to serving the myasthenia community in Ohio and beyond.

Hoo Hoo Hoo?? –

Guess Who's Coming in September? Starting in September the Northeast and Southwest In-person meetings will be hybrid events. Using OWL technology, anyone with the Zoom link will be able to join in!



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

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)

NOTE: Important!! Be sure and sign up NOW for 2024



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.togetherrxaccs.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>

Want to see an article in the MG Ohio News? Send in your questions or ideas by the 15th of the month to news@mgohio.org

August 2024 IN-PERSON MEETINGS:

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6305 Halle Dr., Valley View 44125

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