

Myasthenia Gravis

Myasthenia gravis, or MG, is a type of autoimmune disease. It stops nerve signals that normally travel to certain muscles. This causes your muscles to become weak.

The muscles tend to get weaker in periods of activity and get stronger after periods of rest.

There is no cure for MG. But long-term remission is possible. Remission is a period of time with no symptoms.

MG can affect anyone. But it most commonly affects people between 20 and 40 years old.

MG is caused by a problem in a person's immune system. If you have MG, your body's immune system makes abnormal kinds of disease-fighting proteins called antibodies.

The abnormal antibodies attack the links between nerves and muscles.

The nerves then can't get signals to the muscles they control, so the muscles don't work right.

The main symptom of MG is muscle weakness. It can range from mild to severe.

Depending on which muscles are affected, MG may cause: trouble speaking, chewing, and swallowing; weakness in the neck, arms, and legs; shortness of breath, especially along with swallowing, speech, or neck weakness; tiredness; droopy eyelids; and weak eye movements, which can cause double vision.

Go to the emergency room or call 911 if you have severe breathing or swallowing problems.

Talk to your healthcare provider if you have any of these symptoms.

They will check your muscle strength and review your vision, chewing, and swallowing.

You may also have certain tests. These include: Blood tests to Imaging tests, such as an MRI scan; and nerve and muscle tests.

If your tests confirm that you have MG, you and your healthcare provider can talk about the treatment options that are right for you.

These may include medicines, blood therapies, or surgery.

If you have MG, work with your care team to develop an exercise program. They can show you the best exercises to strengthen your muscles. And plan your daily activities around times you feel more energetic.

Also take your medicine exactly as directed. Do not start new medicines without checking with your healthcare provider.

Make sure to have regular follow-up visits with your provider.

Working with your healthcare provider to make a treatment plan, and following that plan, will help you manage your MG.

You'll feel stronger and help put the disease into remission.