

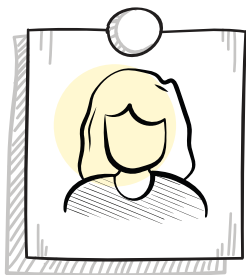
Myasthenia gravis: What is it and when should you speak to your GP?

Myasthenia gravis is a rare neuromuscular condition that affects around 12 in every 100,000 people.¹ While there's no cure, early detection and effective treatment could help you live a longer, more functional life.

This document will help you spot any early warning signs and guide you through your initial GP appointments.

Know your risks

Myasthenia gravis can occur at any age but it's more common in:²



Women under 40



Men over 60

Symptoms to look out for



- Drooping eyelids
- Double vision
- Limited facial expressions
- Chronic fatigue
- Problems chewing
- Difficulty swallowing
- Slurred speech
- Shortness of breath or difficulty breathing
- Weakness in your arms, legs or neck

What to expect from your GP

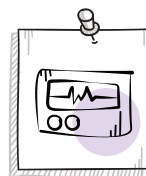
You should **speak to your GP** if you notice any of your **symptoms** lasting for a prolonged period of time.^{2,3}

At your appointment, your healthcare provider will likely recommend **one of the following options**:



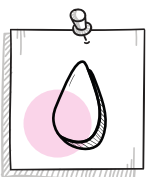
A physical exam

During a physical exam your doctor will ask about your symptoms and medical history whilst assessing your muscle movements.



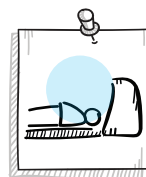
Electromyography

This is an electrical test where a specialist will insert very small needles into your muscles to measure the functionality of your nerves and muscle.



A blood test

People with myasthenia gravis have specific antibodies, which can be detected in the blood through testing.



CT or MRI scan

To check your thymus gland and brain as these are often linked to myasthenia gravis.

The information in this leaflet should not be considered medical advice. It is not to be used in place of a visit to your doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please speak to your healthcare provider.

REFERENCES

1. Salari N, et al. J Transl Med. 2021 Dec 20;19(1):516. 2. NHS. Myasthenia Gravis [Internet]. [Cited May 2024]. Available at: <https://www.nhs.uk/conditions/myasthenia-gravis/> 3. John Hopkins Medicine. Myasthenia Gravis [Internet]. 2024 [Cited May 2024]. Available at: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/myasthenia-gravis>.