

30 Facts for 30 Days for MG Awareness Month



Share a fact a day to help others understand more about myasthenia gravis! Post to social media or text your friends. However you share, you're helping raise awareness about this rare disease.

1. Myasthenia gravis is an autoimmune disease that causes extreme fatigue and profound muscle weakness.
2. Anyone can be diagnosed with myasthenia gravis, though it's more common in adults than children.
3. Myasthenia gravis can occur regardless of race, gender, and age.
4. At least 70,000 people are thought to have myasthenia gravis in the United States.
5. Myasthenia gravis is a rare disease, which is a term given to conditions that affect fewer than 200,000 Americans.
6. For every 100,000 people worldwide, 12 to 20 will be diagnosed with myasthenia gravis. ¹
7. A neurologist or neuromuscular specialist usually diagnoses myasthenia gravis with a blood test or specialty tensile tests. It can be diagnosed with other kinds of tests as well.
8. Myasthenia gravis is not contagious.
9. In myasthenia gravis, impulses from the brain travel down nerves but are blocked by antibodies before impulses reach muscle. The body is essentially attacking itself and impeding muscle function.
10. Myasthenia gravis can impact a person's ability to see, swallow, smile, walk, breathe, or engage in normal, everyday activity.
11. Myasthenia gravis symptoms often improve with rest.
12. Symptoms of myasthenia gravis can fluctuate throughout the day, month by month, or year by year.
13. Each patient's myasthenia symptoms can be quite different. That's why it's called a snowflake disease.
14. Drooping eyelids and double vision are common symptoms of myasthenia, but far from the only ones. You can have myasthenia without these symptoms.
15. Ocular myasthenia is a type of myasthenia that impacts the muscles of the eyes and eyelids only. Symptoms include drooping eyelids and double vision.
16. As with most autoimmune diseases, the exact cause or trigger of a person's myasthenia gravis is unknown.
17. People with myasthenia need to rest to feel better. It doesn't make them lazy! Their muscles can't function like other people's.
18. The heat can exacerbate myasthenia gravis symptoms.

¹Research suggests worldwide prevalence is 12.4 – 20 people per 100,000 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7982252/>

30 Facts for 30 Days for MG Awareness Month



19. Because myasthenia gravis symptoms can wax and wane, some people are told they must be faking it. This takes a toll on a patient's mental health.
20. Having a chronic illness like myasthenia gravis can impact your mental health and increase rates of depression and suicidal thoughts.
21. There is no cure for myasthenia, but there are treatments to manage symptoms.
22. In the last few years, several new, FDA-approved treatments for myasthenia gravis have been approved.
23. Thymectomy – removal of the thymus gland – has been shown to help some people with myasthenia gravis go into remission.
24. Some people can go into remission, but for many people, myasthenia is a chronic illness.
25. Myasthenia gravis can be difficult to diagnose. Some people go years without a correct diagnosis.
26. The cost of health care cost can be a barrier for patients with myasthenia gravis.
27. Hope and optimism have been shown to improve disease outcome for people with chronic illnesses like myasthenia gravis.
28. People with myasthenia are so much stronger than their weakest moments!
29. There is a strong network of myasthenia gravis patients online and in communities around the world – having a rare disease doesn't have to be a lonely journey! The MG Community is #MGStrong.
30. People with myasthenia gravis, and their families, can find support and community from the Myasthenia Gravis Foundation of America, the largest, leading patient advocacy organization solely dedicated to myasthenia gravis.