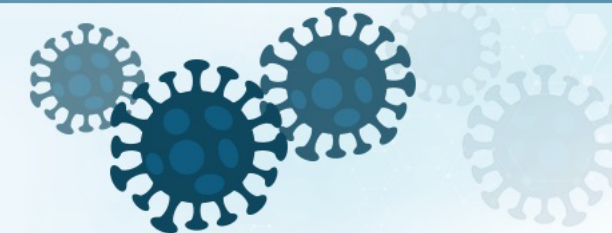


Managing MG During The Covid 19 Pandemic



Guidelines have been published to help patients and physicians manage MG during the Covid19 pandemic.

The guidelines suggest that people with MG should continue on current therapies and take extra precautions to minimize chance of infection. Social distancing, wearing a mask, avoiding public transit and frequent hand washing are imperative.

Treatment for MG often requires immunosuppressive therapies which reduce the activity of the immune system. The immune system is important in fighting off viruses, therefore such therapies may increase the risk of infection. As MG patients may also have respiratory muscle weakness, there is a theoretical concern that MG patients may be at higher risk of infection or experiencing severe symptoms of Covid 19.

To minimize person to person contact, treatments that require hospital trips, such as plasma exchange or infusion therapies should be discussed with physicians prior and taking into account the risks of Covid 19. Infusions should be performed at home if possible.

For people with MG who develop Covid 19, standard care is recommended as most seem to have mild symptoms. If the symptoms become severe it may be necessary to reduce and/or pause immunosuppressive therapies. Any changes need to be individualized in consultation with local experts. Patients are encouraged to contact their MG physician with questions and guidance.

The above is from Myasthenia Gravis News by Marisa Wexler MS.

Our own MG expert, Dr. Jack, recommends that we, as MG patients, don't get complacent and rigorously continue with the above mentioned protocols. She also encourages anyone who experiences early flu-like symptoms to contact their physician immediately. As we all know, early treatment leads to early recovery.

Best wishes for a Covid free experience to all our MG members and families.