



There is Hope Through
'CONTACT'

*Printed in the interest of those
affected by Myasthenia Gravis*

"Could It Be MG?"

Quarterly News

Volume 44 Issue I

March 2020

\$474,299 MG Research Grant-Confirmed! Another MG Canada Dream Comes True

"I wanted to share this great news with you as you were kind enough to write us a reference letter on behalf of the MG (Myasthenia Gravis) Society of Canada. We were successful (\$474,299) in our research grant application to the Canadian Institute of Health Research (CIHR) on new methods to detect and diagnose MG early using novel non-invasive technology and leveraging collaboration with neuro-ophthalmologists, neurologists and engineers at Sunnybrook Hospital and Ryerson University who have experience with new technologies and signal processing.

The is a big WIN for MG research in Canada, as CIHR grants are very competitive on the national level with all other scientists and disciplines. The research will take place over the next 3 years, I will certainly keep you posted on any developments." Dr. Hans Katzberg, University Health Network, Toronto.

We know that our MG Canada endorsements can make a difference. That is why we are so proud of our affiliation with this most recent MG, 3-year Academic Research on 'MG Diagnosis' confirmation. We supported this grant application with specific endorsement and will add some additional funds. Way to go MG Research and 'Myasthenia Gravis Society of Canada'!!



MG Canada was created to give Myasthenia Gravis patients a Canadian National Patient Advocacy voice and to provide and encourage: 1) MG patient support. 2) MG universal awareness including public and Health Care professionals.

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3) Myasthenia Gravis research for improving treatment and possible cure.

MG Canada's presence is making a huge, much improved difference, supporting MG Research, in many ways, if and wherever it is in the MG patient's best interests and Canada's Universal Health Care programs. **We encourage both Pharmaceutical and Academic MG Scientific research.** There are at least **9 new Pharmaceutical products trials** under way with MG patient involvement, aimed to improve MG treatment. There are **several Academic MG Research studies** underway.

We have helped several MG focused Research Grant applications with sincere endorsement and resulting MG patient research involvement. With MG Canada tireless encouragement, **MG research will help thousands of Canadian patients improve their quality of life.** In this issue of 'Contact' we report on several MG related research studies.



Cap Cowan, President and
Newsletter Editor
Myasthenia Gravis Society of Canada
CapCowan@MGCanada.org



Huge Holiday surprise. I thought I ordered a small slice of key lime pie to share!

MG Support Group Meeting Ottawa & Region

Sunday, May 31, 2020. 3:00 to 5:00

Organized by Pat Griffiths & Pat Hayles

Email: mgottawa@yahoo.com

101 CentrepoinTE Drive, Nepean, K2G 5K7

Ben Franklin Place, Room 1A

(See Pages 5-8 for a summary of the presentation by

Dr. Pierre Bourque at the February MG Support Meeting)

Myasthenia Gravis Society of Canada

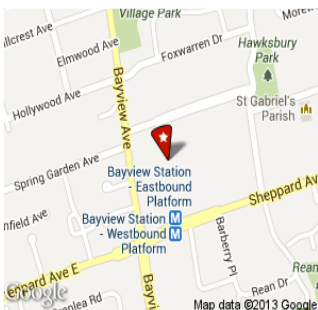
Toronto Area Support Meeting

Sunday, June 7 , 2020 Registration: 5:30—6pm.



Speaker: Dr. Hans Katzberg, MD, MSc, FRCP©, Associate Professor of Medicine (Neurology), University of Toronto, General Hospital/ University Health Network

Support Meeting for those living with Myasthenia Gravis, for caregivers, family, friends, interested others.



Loblaws Community Meeting Room, Bayview Village Mall, 2877 Bayview Avenue, Toronto, M2K 2S3.

(Meeting Room is located upstairs, S/W corner of the store, Elevator access.) Public Transit Access, subway access at Bayview Station on the Sheppard Subway. Free Parking, Bayview Village Mall.

All Welcome!

For this meeting, we request those members who are able, with last name starting A-L, bring a food item to share. Loblaws has asked that any food served come from their store.

Info at 905 642 2545

www.MGCanada.org

MG Canada GTA Support Meeting, March 22, 2020, was cancelled



out of respect for social distancing and self imposed quarantining wherever possible.

Celebrating Author Joyce Ovens

—MG Fitness Role Model



Joyce was first diagnosed with Myasthenia Gravis in 2009 starting with droopy eyelid. She had

Two crises:

“1.) Following Thymectomy 2010 Code Blue Intensive care for 5 days.

2) Unable to swallow in 2011.

Admitted to St. Michael’s Hospital for 5 days.

No further crises but my symptoms remain. I need to listen to these symptoms and rest when needed.

This is my first book as stated on the back cover of my book.

Hobbies: Cooking for our daughter who requires a gluten, dairy and sugar free diet. She also has other individual allergies.”

Other hobbies are gardening, reading and taking an active part in her church. She participates in arthritis exercises twice a week given by the Whitby Seniors and Seniors golf weekly from May to September.

“My favorite gluten free recipe is spaghetti sauce with gluten free noodles or use spaghetti squash.”

“Simple Solutions for a Gluten and Dairy Free Diet”

*“Cooking should be fun! This book provides some simple recipes to reach the goal of a gluten free and dairy free diet. **Eating nutritional entrees and a balanced diet helps one to feel better each day.** For example: The simple fish recipe, with changes to be gluten free, has been handed down from my Grandmother. It is quick meal with added vegetables or a salad during a busy working day. **The spaghetti recipe can be prepared ahead of time.** This results in a convenient meal for unexpected guests or simply a quick meal. Enjoy!”*

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Continued from Page 4—Joyce Ovens

About the Author: Joyce Ovens (nee Cooke) was born in Kingston, Ontario and graduated from Kingston General Hospital as a Registered Nurse. She has cooked and baked for family members and friends who have food allergies. This is her first book. Joyce Ovens lives with her husband in Whitby, Ontario. Joyce and Jim are Charter members of MG Canada.

Bonus for our GTA MG Support meeting, June 7, 2020. *“I will bring some books to the MG Support meeting on June 7. My books can be purchased from Amazon.ca. A friend ordered one from Amazon and the book arrived from England much to our surprise. I charge \$24.00 per book. **If MG members purchase a book, \$4.00 will be donated to MG.** Jim deserves a lot of credit as he took the photographs and did the input on the computer. Thanks. Joyce .”*



“Many Faces of Myasthenia”

***Presented by Dr. Pierre Bourque
to the Ottawa MG Support Group
on February 23rd, 2020.***

Summary written by Dr. Cheryl Zimmer

We are very familiar with the textbook symptoms of MG – weakness of the voluntary muscles of the eyes, face, throat, limbs, and diaphragm. However, there are many nuances to the disease. Dr. Pierre Bourque, an Ottawa neurologist, explained that **MG is an inflammatory, autoimmune disease, resulting in variable muscle fatigue and weakness, particularly with repeated use.** MG, as a rule, does not present with pain, muscle wasting, abnormal sensations, or cognitive difficulty. However, muscle weakness may translate to aching.

The conversion of MG from disabling to dangerous is unpredictable and precipitous. Crashes may have a trigger, such as stress or

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infection, but can also occur suddenly for no apparent reason. Swallowing difficulties can advance to aspiration of fluids and food, leading to pneumonia. Weakness in the diaphragm and intercostal muscles, can result in shortness of breath. Dr. Bourque reiterated that it is necessary to seek immediate medical attention to prevent a crisis.

Symptomatic treatment usually commences with Mestinon (pyridostigmine), a short acting drug with a few common side effects including diarrhea, increased secretions, and muscle twitching. It is used to manage the symptoms of the disease, but it doesn't treat the underlying cause.

The thymus gland, which propels the immune system during infancy is replaced by scar tissue in adulthood. Thymectomy is required for those with a thymoma, and recommended for patients under 60 years of age with thymus hyperplasia, experiencing moderate to severe MG.

The remaining treatments for MG are used to suppress the body's autoimmune response. Steroids, usually prednisone, are often started at a high dose, then very slowly tapered to the smallest effective amount. A long-term acceptable dose would be less than 10-20 mg per day, but the optimal dose involves juggling the benefits with the side effects, which include swollen face, weight gain, osteoporosis, diabetes, and a lowered resistance to infection. The dose may periodically need to be increased to manage transient attacks, then tapered again.

When prednisone doesn't work, isn't well tolerated, or excessive doses are required, alternatives include azathioprine (Imuran), mycophenolatemofetil (Cellcept), or mycophenolic acid (Myfortic). As a result of their mode of action, **all carry an increased risk of infection and cancer, requiring careful monitoring.**

IVIg and plasmapheresis have the same indications for MG yet are completely opposite treatments. IVIg is the injection of antibody-containing plasma from hundreds of donors, while plasmapheresis is a treatment that resembles dialysis, with the patient's plasma removed and replaced by albumin. They are effective, but the improvement is short-lived

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lasting approximately 3 to 4 weeks. **They are the treatments of choice for those experiencing a myasthenic crisis or to prevent an exacerbation of symptoms prior to surgery.**

Biologic agents, which may be future options for the treatment of MG, are mostly given by injection and consist of antibodies engineered to block a sequence of the immune system. **An example is rituximab (Rituxan) which has worked for patients with anti-MUSK MG**, which is generally less responsive to Mestinon. The efficacy of these biologics has not fully been proven and the treatments are very expensive, usually not covered by most provincial health plans or private insurance.

When all else fails, the last way to reset the immune system is with an autologous bone marrow transplant. Stem cells are collected from the patient's bone marrow and stored. The patient receives chemotherapy to kill off their immune system. Then the stem cells are returned to the patient's blood stream.

Regarding the risk of infection associated with being immunocompromised, due to the treatments for MG, those with MG should get their yearly flu shot, as well as vaccines for pneumonia, shingles, and HPV, but be cautious of live vaccines.

With regard to **travel, precautions should be taken**, including hand washing and masks. Confirm that there is appropriate medical care available at your destination and that you can fly back in the event your health deteriorates. The definition of "stable" will vary depending on your insurance provider, so be sure to work closely with your physician to make sure you are covered.

Brief biography – Dr. Pierre Bourque.

Pierre is an Ottawa native, who interned in Montréal and spent a year in Cameroon Africa in mission hospitals before starting specialty training. Dr. Bourque graduated from Neurology Residency program in Ottawa in 1989. He did a **2-year fellowship at the Mayo Clinic**

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Biography Dr. Pierre Bourque.

as researcher and clinical fellow in neuromuscular diseases with Dr. P. J. Dyck. Dr. Bourque then joined the **Division of Neurology at the University of Ottawa** where he has occupied the positions of **Neuroscience Curriculum Chair, Residency Program Director and Chief of the Division of Neurology.** He is the **Director of clinical neurophysiology at the Ottawa Hospital** and maintains an active clinical practice as well as strong commitment to clinical undergraduate and postgraduate education and research.

*Married, 3 children, 2 dogs. **Many great sources of happiness, in random order:** family, biking, interactions with patients, calling plants by their name, married life, reading history books, making medical students laugh & learn.*



Myasthenia Gravis “Help Line”

Telephone Support with an MG Patient



Whether you have recently received the news that you have Myasthenia Gravis, or you have been living with MG and want to share your experience, these members have offered their support. Please feel free to telephone them to discuss your Myasthenia

.Aleem Remtulla , Toronto, ON 647-390-0522

Tiina Elder, Mississauga, ON 905-565-5875

Jill Thomson, Calgary, AB. 403-286-0056

Phillip Sanderson, Harriston, ON 519-338-3356

Vikki LeDez, Sunderland, ON 705-357-0377

Fernanda Nascimento, St. Catherines, ON 905-937-9762

Pat Griffiths, Ottawa, ON 613-237-1649

***We need Telephone Support Contacts across Canada.
Interested? Inquire 905 642 2545***

Canadian Research on Pregnancy & MG at Sunnybrook Health Sciences Centre

Dear MG Society of Canada Members:

We are conducting a research study (survey) to better understand pregnancy complications, outcomes and attitudes in women with Myasthenia Gravis. All women with Myasthenia Gravis are eligible to participate, regardless of whether you have been pregnant before or not. We believe this is an important area of investigation because of the potential complications that women with Myasthenia Gravis may encounter during pregnancy. In the current medical literature, there is limited information on this specific area of pregnancy care. Thus, we hope through conducting a survey of complications, outcomes and attitudes, information will be gathered to directly influence medical professionals' practice in a positive way. The survey will take 15-30 minutes and does not have to be completed in one sitting. Participation is voluntary. You can choose to withdraw from the survey at any time by closing your web-browser. Your consent is implied by completion of the online survey.

At the end of the survey there is an option to participate in an interview to learn more about your pregnancy experience. You can decide if you want to just submit the survey on its own or also take part in an interview. If you would like to participate in an interview you may choose to enter an email address at which you would like to be contacted.

There may be no direct benefit to you by participating in this survey. However, we plan to distribute an analysis of the final results by publication. **Results will be available to you for review after study completion.** There are minimal risks to participating in this study. Some women may feel stressed answering questions about pregnancy.

The Sunnybrook Research Ethics Board has reviewed this study. If you have questions about your rights as a research participant or any ethical issues related to this study that you wish to discuss with someone not directly involved with this study, you may call the Chair of the Sunnybrook Research Ethics Board at 416 480-6100ext 88144.

If you wish to participate in this study please follow this

link: <https://questionnaire.simplesurvey.com/f/s.aspx?s=1480482a-1d82-4f96-8f4a-55ef4071ada2&lang=EN>

Sincerely,

Principal Investigator: Dr. Anne Berndt, MD, MSc, FRCSC

Assistant Professor, University of Toronto

Division of Maternal Fetal Medicine, Department of Obstetrics and Gynaecology

Associate Scientist, Sunnybrook Research Institute

Sunnybrook Health Sciences Centre

Several current Myasthenia Gravis Clinical Trials

As of January 2020, **a number of clinical drug trials are recruiting participants.** Details about these studies can be found at clinical trials reporting websites. Your MG Neurologist &/or related MG treatment clinics, may also be involved in all or part of these studies. Biotech companies also may have a webpage dedicated to the therapy they are studying. **MG patients and MG treatment advocates, can help quality research by volunteering wherever and whenever possible**

Sponsor: argenx BVBA. A Randomized, Double-Blind, Placebo-Controlled, Multicenter Phase 3 Trial to Evaluate the Efficacy, Safety and Tolerability of **ARGX-113 (efgartigimod)** in Patients with Myasthenia Gravis Having Generalized Muscle Weakness, Active.

Sponsor: Catalyst Pharmaceuticals. Long Term Safety Study of Amifampridine Phosphate (Firdapse®) in Patients with MuSK Antibody Positive and AChR (Acetylcholine Receptor) Antibody Positive Myasthenia Gravis

Sponsor: Immunovant Sciences GmbH. A Phase 2a, Multicenter, Randomized, Double-Blind, Placebo-Controlled Study with an Open-Label Extension of **RVT- 1401** in Myasthenia Gravis Patients

Sponsor: Momenta Pharmaceuticals. A Phase 2, Multicenter, Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Safety, Tolerability, Efficacy, Pharmacokinetics and Pharmacodynamics of **nipocalimab (M281)** Administered to Adults with Generalized Myasthenia Gravis, Active and recruiting

Sponsor: Ra Pharmaceuticals. A Phase 3, Multicenter, Randomized, Double Blind, Placebo-Controlled Study to Confirm the Safety, Tolerability, and Efficacy of **Zilucoplan** in Subjects with Generalized Myasthenia Gravis. Active and recruiting

Sponsor: Takeda. A Phase 2, Randomized, Placebo-Controlled Study to Evaluate Safety, Tolerability, and Efficacy of **TAK-079** in Patients with Generalized Myasthenia Gravis, Active and recruiting

Sponsor: UCB Biopharma S.P.R.L. A Phase 3, Randomized, Double-Blind, Placebo-Controlled Study Evaluating Efficacy

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Cont. from Page 10 Current MG Clinical Trials

and Safety of Rozanolixizumab in adult Patients with Generalized Myasthenia Gravis, Recruiting.

Sponsor: Alexion Pharmaceuticals. An Open-Label, Multicenter Study to Evaluate the Efficacy, Safety, pharmacokinetics, and Pharmacodynamics of Eculizuma in Pediatric Patients with Refractory Generalized Myasthenia Gravis. Active and recruiting

Sponsor: Alexion Pharmaceuticals. A Phase3, Randomized, Double-Blind, Placebo-Controlled, Multicenter Study to Evaluate the Safety and Efficacy of Ravulizumab (Ultomiris[®] in Complement-Inhibitor Naïve Adult Patients with Generalized Myasthenia Gravis, Active and recruiting).

Other MG-related clinical trials address myasthenia and exercise, Decartes-08 CAR-T Cells, a magnetic lavator prosthesis to ease ocular symptoms, and stem cell transplant.

Article adapted with credit sourced permission understanding from Website of 'Conquer MG' short for "Conquer Myasthenia Gravis" formerly known as Myasthenia Gravis Foundation of Illinois. cc 02 27 20



Betty and Lucy at MG Canada Swiss Chalet Valentine Lunch on February 14th.

**On Facebook?
Connect With Others from Across
Canada Sharing their Experience of
Living with MG**

Join our Myasthenia Gravis Facebook Group (Canada)
Hear from others affected by Myasthenia Gravis through this Support Group - another way to learn more through postings, discussion, and comments from patients and families living with Myasthenia Gravis.

Better Breathing can help.

Myasthenia Gravis Canada's focus on MG Fitness or 'MGFit' for a conscious higher Myasthenic Patient quality of life level includes Body, Mind and Spirit.

"Editor Note: I have been doing blood pressure testing 3-4 times a day at the request of my MD. The highest averages are on first wake-up. The general explanation for this includes the rushing into conscious state of previous last conscious anxieties. Before testing, by relaxing in a vertical sitting position with the applying breathing techniques such as suggested in this article, one can significantly lower one's blood pressure – especially systolic, which can help prevent other side effects of higher readings.

Dr. Rowin's 'Mindful Breathing – Simple but Powerful' article below, can help your well being.

Modern science is catching up to the ancient wisdom of mindfulness and movement-based practices such as Meditation, Yoga, Breathing, Tai Chi and Qigong. These ancient techniques have plentiful scientific evidence backing beneficial effects as far reaching as improved psychological health, immune function, hormone balance and cognitive function.

The Science

Stress elevates cortisol, our main stress related hormone. Sustained elevations in cortisol promote inflammation, weight gain, and sleep problems and have been associated with multiple diseases including diabetes, dementia and pain syndromes. **Mindfulness-based practices such as breathing exercises help to regulate cortisol levels**, reducing the levels when we need to rest, sleep and digest and elevating the levels when we need to wake up, exercise, and cope with stressful situations.

In our fast-paced modern society, an issue arises when our cortisol increases during stress and then stays elevated, not returning to the low restful levels we need for recovery. With sustained elevated cortisol, insomnia ensues, followed by caffeine intake (leading to further elevated cortisol) and over time, this cycle of insomnia may wear us down causing fatigue, immune dysfunction and disease.

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Continued from Page 12—Better Breathing

A Daily Practice of Stress Reduction

The ancients knew that it is preferable to alternate activity with rest. This is as natural a rhythm for the body's physiology as it is for the cycles of day and night. After all, we evolved with these cycles. My suggestion is to have a daily mindfulness-based practice of your choosing. It can be **as simple as 5 minutes of mindful breathing in the morning**. This is one of the best neuroprotective interventions, plus the side-effects of a daily practice of stress reduction...improved attention, mood, sleep, memory, relationships, job satisfaction...are worth the effort.

Our breath sustains us. It not only supplies our cells with life-giving oxygen, the mechanical act of breathing itself is intimately connected to our body's basic physiology. With every breath in our heart rate increases and with every breath out it slows.

The modulation of respirations, heart rate, blood pressure and digestion are interconnected through the primitive part of the brain called the brainstem and primitive nervous system called the autonomic nervous system. Most of the autonomic nervous system functions are unconsciously controlled. The distinguishing feature of the breath, however, is that we have conscious control over the speed, depth and flow of our breathing. And, by consciously controlling our breath, we can have far reaching positive effects on other aspects of our autonomic nervous system physiology and our response to stress.

The autonomic nervous system acts like a switch. It is either in 'rest and digest' mode or 'fight or flight' mode. Consciously slowing and deepening your breathing will 'flip the switch' and take you from 'fight or flight' to 'rest and digest' by slowing your heart rate, decreasing your blood pressure, improving your digestion and calming your mind.

The stress response and breathing are hard-wired in our nervous system. Someone who has trouble breathing will naturally panic just as someone who has a panic attack will naturally feel short of breath.

The Quality of Breath

Did you ever catch yourself holding your breath during a stressful situation? Most of us spend a good deal of the day with shallow chest breathing and when times get stressful we may

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Continued from Page 13— Better Breathing

even unconsciously hold our breath. It follows that shallow chest breathing and breath holding are associated with increased blood pressure, heart rate and anxiety, while the opposite, deep belly breathing, is associated with decreased blood pressure and heart rate, reduced pain and a calm state of mind.

Ancient practitioners of yoga knew that **the quality of breath dictates our state of mind**. As Westerners, we are just catching up to this. Breathing techniques that slow the breath, concentrating on prolonging the exhale, change brain waves to the alpha rhythm which is a Rhythm correlated with relaxation, positive mood and a reduction in the stress hormone, cortisol. It follows that breathing exercises are useful in the management of chronic pain. And learning to regulate the breath can even decrease performance anxiety and improve work performance.

Your breath is free, travels with you, and can be used as a tool anywhere and anytime to calm and elevate your mood and bring you to the present moment. Practice slowing and deepening your breath into the belly (while relaxing and expanding the belly). Next, concentrate on a slow exhale, without strain, with a slight contraction of the belly.

Do this for a few minutes, elongating the breath as much as is comfortable, several times a day, whenever or wherever you are, in a meeting, in your car, in line at the grocery store, in a heated argument. It will 'flip your switch', change your life, and improve your health. It is simple, but powerful.

Mindful Breathing Exercises

Breath, well-being and energy are intrinsically connected. Mindful breathing can be performed anywhere and anytime. It's all about bringing yourself to the present moment and focusing on a slower deeper belly breath. Relax and soften your belly. A tight abdomen tends to lead to chest breathing which is excitatory to the nervous system. Here we are looking for a calming effect. The following are a couple of formal breathing exercises to get you started.

Equal Breathing Exercise

Find a comfortable place to sit or lie down, with your feet slightly apart, one hand on your abdomen near the navel, and the other hand on your chest.

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Inhale slowly through your nose to the count of 4, relaxing into and expanding your abdomen

Exhale slowly through your nose to the count of 4, feeling the gentle contraction in your abdomen. Repeat for a total of 5 cycles.

Increase your inhale and exhale to a count of 5 for a total of 5 cycles.

You may increase the length of the inhale and exhale by one count every 5 cycles so long as it causes contentment without strain. **3-5 minutes is sufficient to see a calming effect on the nervous system.**

Once you feel comfortable with the above exercise, you can try the following, more advanced, exercise.

4-4-8 Breathing Exercise

Find a comfortable place to sit or lie down, with your feet slightly apart, one hand on your abdomen near the navel, and the other hand on your chest.

Inhale slowly through your nose to the count of 4, relaxing into and expanding your abdomen

Hold the breath at the top of the inhale for a count of 4 or whatever is comfortable for you, never straining or going outside of your comfort zone

Slowly exhale through your nose while counting to 8. Gently contract your abdominal muscles at the end of the exhale.

Repeat until you feel deeply relaxed or for a total of 5 cycles. At first you may only feel comfortable doing 1 or 2 cycles

Article adapted with credit sourced permission understanding from Website of 'Conquer MG' short for "Conquer Myasthenia Gravis" formerly known as Myasthenia Gravis Foundation of Illinois. cc 02 27 20 More information at www.julierowinmd.com



*(Editor's note:
Mindful Breathing...*

Why not

try it a few days and see if the results help you relax? There are many other "MGFit" techniques we will discuss in future MG Canada Newsletter 'Contact' issues

“Every day may not be good, but there is something good in every day.”

Alice Morse Earle

**Donate to Myasthenia Gravis
Society of Canada.
Help Keep Us Going and Growing**

A Huge Thank You For Support

Myasthenia Gravis Society of Canada received Memberships, Donations, MG Fit Pledges, “Celebration of Life” Memorium Gifts, and other charitable donations.

All gifts help to realize the goals of Myasthenia Gravis Society of Canada: To help those with Myasthenia Gravis, a chronic condition. To educate caregivers, family, the public & Healthcare Professionals. To encourage research into cause and cure for MG.

Donations can be mailed to

***Myasthenia Gravis Society of Canada,
247 Harold Avenue, Stouffville, Ontario, L4A 1C2.***

Or donate online at www.MGCanada.org

905 642 2545

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Is your membership due for update? Please email membership@MGcanada.org

Donate Now



Myasthenia Gravis Society of Canada

New/Renew Your MG Canada

MEMBERSHIP APPLICATION

Date _____ New Member _____ Renewal _____

Last Name _____ Male _____ Female _____

First Name _____ Date of Birth _____

Address (Include Suite #) _____

City _____ Postal Code _____

Phone _____ - _____ - _____ Cell Phone _____ - _____ - _____

Name of Spouse, Partner or Significant Other (Optional)

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In order to reduce postage costs I would like to receive the quarterly newsletter "Contact" via e-mail, rather than by regular mail: Yes _____ No _____

Would you like us to call you? Yes _____ No _____

For "Myasthenics Only" and for statistical purposes (held in strictest confidence):

My Neurologist is Dr. _____

Neurologist's Telephone No. _____ - _____ - _____

ANNUAL MEMBERSHIP FEE

\$ 20.00 (1 year) \$ _____ (12 months – Individual or Family)

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Donation \$ _____ (optional)

Total \$ _____

***Please complete as much of the form as possible.
All information will be kept in the strictest confidence.***

It is important to keep your membership and record of information up to date and accurate each year. Please advise any changes during your renewal period.

Questions or Changes? Call 905 642 2545 or e-mail to membership@MGCanada.org

Mail completed form and payment to:

**Membership Coordinator – Myasthenia Gravis Society of Canada
c/o 247 Harold Avenue, Stouffville, Ontario, L4A 1C2.**

Please make cheque payable to: Myasthenia Gravis Society of Canada

Myasthenia Gravis emergency preparedness, especially in current Coronavirus crisis.

Have several complete printed copy updates of your current prescription meds and dosage amounts with daily times. List supplementary treatment such as IVIG & other supplements you may take such as 81mg Aspirin and vitamins. Keep at least 5 days of daily meds ready to go if at all possible. Have your MG Canada Blue Card ready with do and don't recommendations regarding antibiotics and other treatments that might acerbate your Myasthenia Gravis.

Try your best to stay calm.

MG Canada's Newsletter 'CONTACT' is published by:

Myasthenia Gravis Society of Canada

c/o 247 Harold Avenue, Stouffville, Ontario, L4A 1C2

905 642 2545 www.MGCanada.org membership@MGCanada.org



Do you have an MG article of interest to MG Canada's Newsletter 'CONTACT'? Please forward by mail or email at membership@MGCanada.org

Articles in the Myasthenia Gravis Society of Canada Newsletter express the views of the author and are for information only, not medical advice. Patients should consult with their physicians for medical treatment.



c/o 247 Harold Ave.,
Stouffville, Ontario,
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