



# The Confident Patient:

## A Doctor Discussion Guide for gMG Treatment Planning

### Evaluating your current control:

- What should my functional goal be – just fewer symptoms or truly minimal ones?
- How is gMG affecting daily activities like chewing, talking, or lifting my arms – even on my best days?
- What’s the difference between feeling “stable” and having full, lasting control?

### Preparing for what’s next:

- Are my meningococcal and other vaccines up to date?
- If we decide on a new therapy, how long should I plan ahead for vaccinations or other steps?
- Can we review my immunization record together today?

### Exploring other treatment options:

- Are there advanced or targeted therapies that work differently than my current treatments?
- What makes someone a good candidate for these newer options?
- Could any of these help reduce my long-term use of steroids or other broad immunosuppressants?

### Symptom check-in

- More frequent double or blurred vision
- Drooping eyelids
- Trouble chewing, swallowing, or speaking
- Muscle weakness in your neck, arms, or legs
- Shortness of breath
- Greater fatigue than usual

### Notes: