



Myasthenia Gravis
Foundation of Illinois, Inc.



The MG Minute
Brought to you by MGF of IL

Upcoming Support Group Dates - 2015

Chicago - Central

Thursdays

February 5, March 5,
April 2, May 7
Future dates TBD

Chicago - North Suburban

Saturday - February 21
Sunday - April 19
Saturday - July 18
Sunday - November 15

Chicago - South Suburban

Sundays

February 8
Future dates TBD

Chicago - West Suburban Sundays

February 15, May 17,
August 16, November 15

Peoria

Sunday

April 19

Rockford

Saturdays

April 11, July 11, October 10

Springfield, IL

Sundays

January 18, March 15,
April 19, May 17, July 19,
August 16, September 20,
October 18, November 15

NW Indiana - Schererville

Saturdays

March 28, May 30,
August 1, October 3

[Click here](#) for time, address
and parking details.

Happy 2015 from MGF of Illinois!



The gift of good health is something we all yearn for, especially if one's myasthenia gravis is active. MGF of Illinois has a couple of gifts in this MG Minute to get you closer to a healthy place. You'll find links to new video clips on MG nutrition

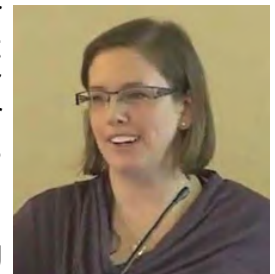
and exercise. For a healthier wallet, read about ways to manage Mestinon cost increases, and updates to our 2015 Patient Assistance Program.

Be well,

MGF of Illinois Executive Director

Short MG Nutrition and Exercise Videos

Have you resolved to improve your healthy choices for 2015? Check out these [new video clips](#) from our October 2014 seminar "Practical Strategies for Living with MG." In "Myasthenia Gravis and Nutrition," Registered Dietitian Jennifer Koman talks about reining in sodium and empty calories, managing diarrhea, and improving swallowing.



Donate

[Click Here](#) to donate to MGF of Illinois.

Meet Our Supporter



In "Myasthenia Gravis and Exercise," Physical Therapist Brittany White discusses when (and when not) to exercise, getting your doctor's approval, suggested exercises, and a simple move to improve posture.

We are grateful to Palos Community Hospital and to video sponsor AxelaCare. A DVD of the full presentation is available for \$15 by calling 800-888-6208. You'll find clips from other past MG patient seminars on the YouTube channel "MGFIllinois."

Find us on Facebook!



[Connect with MGF of Illinois' Facebook Snowflake group](#) to share stories and network.

Like [our page](#) to receive the Facebook latest MG updates.

Forward to a Friend

[Share this information with a friend!](#)

Via our partner page with Apex Management

Contact Us

New Address:

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Mestinon Cost Increases

Over the past year you may have noticed an increase in your cost for the MG medications Mestinon®, Mestinon® Syrup, the extended release formulation Mestinon Timespan®, or even the generic pyridostigmine bromide. If so, you're not alone.



Michelle Dulashaw, a staff member of the Myasthenia Gravis Association of Western Pennsylvania MG clinic, notes that a number of insurance companies have moved these drugs to higher tiers in their formularies, resulting in higher cost for patients. She commented, "I'm seeing this most often with Medicare Supplement plans." In a recent call she described several steps you and your doctor can take to reduce your cost.

[Click](#) to learn about [tier exceptions and appeals](#).

Using MGF of IL Patient Assistance Program for Prescription Costs

Launched in 2014, our Patient Assistance Program has been improved so it's easier for you to use the plan for prescription drug costs.

The program will reimburse the cost of medical treatment and medication after all insurance payments are applied, up to \$1,000 per person per year*. To qualify you must be an MG patient, be a resident of Illinois or Indiana, and submit proof of financial hardship. **Costs do not have to be MG-related.**

You can submit an application for funds once you have more than \$200 in medical bills and paid pharmacy receipts.

[Click here](#) for the application.

* To the extent funds are available

New Central Chicago Support Group



Need to talk about MG challenges with others who understand? Rush University Medical Center will host a new support group for MG patients starting February 5, 2015. Led by licensed clinical social worker Melissa Frey, the group will meet from 1 to 2pm on the first Thursday of the month (dates are set through May 7) in the Rush Professional Building conference room 1119 (11th floor), 1725 W. Harrison Street, Chicago. You don't need to be a Rush patient to participate in the group. Parking fees for group members will be covered by MGF of Illinois; the Rush parking garage is at the southeast corner of Harrison and Paulina Streets. If this is your first visit to Rush, stop at one of the many information desks to make sure you find the right elevator bank.



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Try it FREE today.

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