



Myasthenia Gravis
Foundation of Illinois, Inc.



The MG Minute
Brought to you by MGF of IL

Upcoming Support Group Dates - 2016

Chicago - Central

Thursdays

February 4, March 3,
April 7, May 5
Future dates TBD

Chicago - North Suburban

Sundays

March 5, September 17
Morning Breakfast Chats
Monday, January 18;
Monday, February 15;
Tuesday, May 17;
Saturday, July 16;
Tuesday, August 16;
Saturday, November 12;
Tuesday, December 13

Chicago - South Suburban

Sundays

February 21,
Future dates TBD

Chicago - West Suburban

Sundays

February 21, May 15,
August 21, November 20

Rockford

Saturdays

January 9, April 9, July 9,
October 8

Springfield, IL

Sundays

January 17, March 20,
April 17, May 15, July 17,
August 21, September 18,
October 16, November 20

NW Indiana - Schererville

Saturdays

March 26, May 28,
July 30, October 2

St. Louis MO - Kirkwood

Sunday, January 31

Saturday, April 16

Other dates TBD

A Year that Asks or Answers?



Are you making plans for 2016? With an illness like myasthenia gravis you might be wondering, "Will I be strong enough to travel? Can I manage a night class?" Or maybe you're just asking, "Should I use a plastic fork instead of real silverware?"

I take heart from Zora Neale Hurston who wrote, "There are years that ask questions and years that answer." Some things, like autoimmune disease, take time to develop and time to respond to treatment. I wish you a year that answers questions in 2016.

And by the way, I hope you can join us on Sunday, June 5, 2016, for our 4th Annual Strides Against MG Walk in Elmhurst, Illinois!

Be well,

MGF of Illinois Executive Director

MGF of Illinois Fall Meeting



Seventy-five people were on hand October 25, 2015, at Advocate Lutheran General Hospital in Park Ridge, Illinois to hear Matthew Meriggioli, MD, Professor of Neurological Sciences at Rush University Medical Center, explain myasthenia gravis basics.

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

Donate

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

Meet Our Supporters



In a [clip from his talk](#), Dr. Meriggioli notes that different types of MG (depending on antibody type and other factors) may call for different treatment approaches. In his presentation he also discussed why people get autoimmune disease, what happens in the immune system of an MG patient, various antibodies that cause MG, and prevalence of thymus abnormalities in MG patients. [Click for more MG 101 highlights](#).

Call 800-888-6208 to purchase a DVD of the full presentation (\$15).

Thank you to our video sponsor!



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Contact Us

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Step Therapy

When MG patient Paula McGinnis tried to purchase asthma medication she'd been taking for several years, her prescription was denied. After three years, her insurance company required her to do "step therapy," that is, try two other less costly medications before her current prescription could be filled.



MedicineNet.com describes step therapy as "The practice of beginning drug therapy for a medical condition with the most cost-effective and safest drug therapy and progressing to other more costly or risky therapy, only if necessary." But AARDA (the American Autoimmune Related Disease Association) points out some pitfalls: "Step therapy can be an impediment to timely care and doesn't align with what's best for the patient."

Click to [read more about Paula's experience, plus perspectives on step therapy](#) from AARDA, the Lupus and Allied Diseases Association, and the Arthritis Foundation.

Attitude Check

In the [December/January 2016 issue of Neurology](#)



[Now, Amy Paturel](#) writes about "Raising Hope," offering strategies for rebuilding your life after a neurological diagnosis. Her article has meaning for anyone coming to terms with a chronic illness like MG. Starting with the

perspective of 23-year-old snowboarder Kevin Pearce, you can read about processing negative emotions, denial, and how to cultivate allies on the road to reinventing yourself.

Photosource: <http://kevinpearce.com>

MG Events Near You



Greater St. Louis Area - Dietitian Danielle Glesne, RD, LD, will present "Nutrition and MG" at the support group meeting on January 31, 1:00-3:00 pm, at the Glendale City Hall, 424 N. Sappington Road, in

Kirkwood, Missouri. Co-sponsored by MGF of Illinois and MGA-Missouri and Kansas. Call 800-888-6208 to help us plan for handouts. Click for [St. Louis flyer](#).

Chicago Central - Rush University Medical Center MG Support Group meets the first Tuesday of every month starting February 4, 1:30 to 2:30pm. Call Eve Escalante, LCSW, at 312-942-8175 to register (though walk-ins are welcome). The location is easy to find from the 4th floor walkway of the Rush parking garage. The garage is at the corner of Paulina and Harrison. Bring your parking ticket for a voucher. Click for [Rush flyer](#).

Springfield, Illinois - You'll find a warm and hearty welcome from Gary Nelsen/Gayle Burg's support group on Sunday, January 17, 3:00-5:00pm, Parkway Church, 2700 Lindbergh Boulevard, Springfield, just east of the Parkway Point Mall. Use the office entrance.

Other Chicago Area Groups - Click for [location details for](#) these meetings in January and February:

- North Suburban (**Glenbrook Hospital, Glenview**) Breakfast chats in the Atrium Cafe, 9:30am, Monday, January 18 & Monday, February 15
- West Suburban (**Central DuPage Hospital,**

- Winfield**) 1:00 pm, Sunday, February 21
- South Suburban (**Metro South Hospital, Blue Island**) 1:30 pm, Sunday, February 21

SAVE the DATE!
4th Annual Walk
Sunday, June 5, 2016



**A New Year for
Patient Assistance
Program**

The MGF of Illinois Patient Assistance 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. Applications for 2015 expenses must be received by December 31, 2015.

[Click here](#) for the application. Call 800-888-6208 if you have questions.

* To the extent funds are available

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