



SUPPORT | EDUCATION | RESEARCH | AWARENESS

MG Stories

At the Hospital

story by Alicia J. Peconio, Board Chair of ConquerMG

I was diagnosed with Myasthenia Gravis (MG) in 2016, and for the most part, my journey had been stable. That changed this past summer when an infection and dental issue left me fatigued and weak, leading to a myasthenic crisis that required intubation and a week in the ICU.

From this experience, I learned [how important it is to be prepared](#).

I keep an emergency bag ready with my medications, a medication list and medical history, an MG fact sheet, care directives, chargers, comfortable clothing, a neck pillow, and ways to entertain myself like books or headphones.

Having a trusted friend or family member to advocate and communicate for me is critical, especially since many hospital staff have limited knowledge of MG.

I also make sure to manage medications carefully and ask questions about any prescribed care. I review after-care instructions, speak up if something seems wrong, and contact a patient advocate or file a complaint if necessary. Clear communication about my typical health baseline and current symptoms has helped ensure I receive the best care possible.

No one knows my body or how MG affects it better than I do. Being prepared, informed, and able to use your voice, even when feeling weak, makes a real difference.



**Your Voice
Matters.
Tell Your
MG
Journey.**



Even in challenging moments, there is hope. By

sharing our stories and advocating for ourselves, we can improve care for the MG community, support one another, and make a positive difference together.

Want to tell your MG Journey?

Share your Story Here

For resources on hospital visits, emergencies, or ways to get involved in patient advocacy, [learn more here](#).

If you are interested in learning more about patient advocacy or becoming an advocate yourself, consider [joining the ConquerMG Board](#). We are always looking for community members to help expand our reach.

Articles about MG

The miracles of science, and a hamster that helped me breathe

by Mark Harrington



Living with myasthenia gravis (MG), I often think about the patience and perseverance behind medical breakthroughs. [MG can weaken the muscles that control speech, swallowing, and breathing](#). It's unpredictable and can turn simple acts like eating or talking into a struggle for air.

For years, I tried different medications, hoping something would finally bring me some balance. Nothing worked, and fear was followed by depression. Then came...

Read the Full Article

Share Your MG Experience – Earn \$150



YOUR VOICE MATTERS: JOIN AN MG STUDY AND EARN \$150

Your MG story can make a difference.

LaGrippe Research invites U.S. adults with Generalized Myasthenia Gravis to share their experiences in a short, meaningful study.



75-minute online
discussion

10-minute written task

October 31 – November 19

*Participants must live in the USA.

JOIN TODAY

Take a short screening survey at
linktr.ee/conquermg_il

Have Questions?

Contact Maggie Barber at:
847-373-4104
maggie@lagripperesearch.com

LaGrippe Research is inviting members of the MG community in the U.S. to participate in a virtual study to share your experiences with generalized myasthenia gravis (gMG). Your insights as a patient are invaluable and will help guide research that reflects the real needs of the MG community.

The study includes a brief 10-minute written task followed by a 75-minute online discussion. Qualified participants who complete both parts will **receive \$150 as a thank-you** for their time. **Sessions are available from October 31 – November 19, 2025.**

This is a unique opportunity to have your voice heard, contribute to meaningful research, and help shape future studies in gMG.

[Learn More](#)

Participate in the BRIDGE-MG Study

BRIDGE-MG Study



Myasthenia Gravis
Rare Disease
Network

Behavior, Routines, Impact, Daily Life, Goals, and Engagement

Participate Today!



WHO CAN PARTICIPATE?

- Age 18 years or older
- Diagnosis of myasthenia gravis
- Reside in the United States

Scan the QR code or visit
the link to participate

<https://redcap.link/s6kmbb55>



About the survey

- **Takes ~20 minutes to complete**
- **For individuals 18+ with Myasthenia Gravis**
- **Fully anonymous and voluntary**
- **You may skip any question or stop at any time**
- **Aims to understand patient experience**

For questions about the study, contact: mgnet@email.gwu.edu

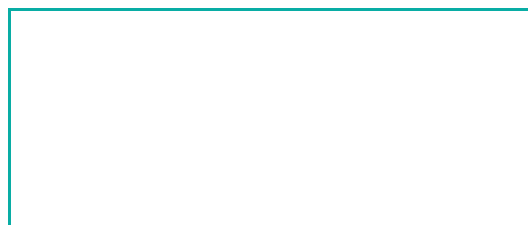
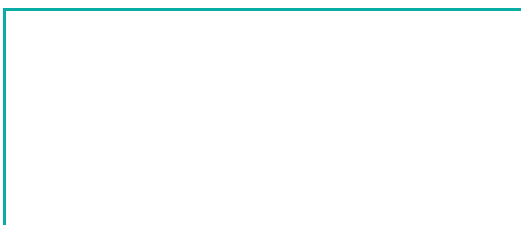
George Washington University is conducting a new study called BRIDGE-MG and is inviting individuals diagnosed with Myasthenia Gravis (MG) to participate in a brief 20-minute survey.

The study aims to better understand how MG affects daily routines, medication use, work productivity, and social support.

For further information contact Dr. Gülşen Öztosun at goztosun@mfa.gwu.edu or 202-677-6109.

Participate

Join A Support Group





Anywhere MG Virtual Support Group

2nd Thursday of each month at 2:00 p.m. CT

- November 13
- December 11

[Register to join.](#)



Chicago South & West Support Group

Virtual Meetings, Sundays at 1:00 p.m. CT

- November 9 ([Register](#))



Women's MG Support Group Meeting

Virtual Meetings. Thursdays at 6:00 p.m. CT

- November 6 ([Register](#))



Men's MG Support Group Meeting

Virtual Meetings. Thursdays at 6:00 p.m. CT

- November 20 ([Register](#))



Chicago North MG Support Group

Saturdays at 10:00 a.m. CT

- December 6



Springfield MG Support Group Meeting

Sundays at 2:00 p.m. CT

The Levy Center (Library Room), 300
Dodge Avenue, Evanston, IL

- November 16

Parkway Christian Church,
2700 Lindbergh Blvd., Springfield, IL

Email info@myastheniagravis.org for
Zoom link



MG Strong Together Support Group

Saturday at 10:00 a.m. CT

- November 15

Ascension Alexian Brothers, 800
Biesterfield Road, Elk Grove Village,
IL, Room: Kennedy 4

Please use entrance #7 to enter the
hospital. (All other entrances are
closed on the weekend, parking is
free)

CONQUER MG
Conquer Myasthenia Gravis

**Become a Support
Group Leader**



What about other Conquer MG Support Groups?

We are seeking support group leaders
for the Rockford, Quad Cities.
Connect with us if you are interested,
we can help you get started.

Email us at:
info@myastheniagravis.org

Make an Impact

**ARE YOU
READY TO
LEAD?**

**Join the Conquer MG Board And Have An
Impact On Our MG Community**

Help us ensure a strong vision that brings
information, value and connection to anyone
touched by myasthenia gravis.

If you are interested in learning more, contact the office info@myastheniagravis.org



CONQUER MG
Conquer Myasthenia Gravis

Patient Assistance Program



Conquer MG offers financial assistance to myasthenia gravis patients who live in Illinois, Indiana, or Wisconsin, and who can demonstrate financial need.

This program will help cover the cost - up to \$1,000 - for items such as prescriptions, doctor visits, medical equipment, and therapies.

Click to [download an application](#).

Donate To The Cause



Make A Difference!



www.myastheniagravis.org

Just \$50 contributes to creating community so that MG patients can learn, feel less alone in their disease and get support that reduces the burden of care.

THANK YOU SPONSORS!



Connect with Us!



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