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My MG diagnosis on June 8, 2016, took 12 doctors who were confounded, giving me a myriad of diagnoses, until an ENT friend, Dr. Gus Arrieta, who was disturbed that his thorough exam rendered little useful information to explain my almost indistinct speech and the liquids emerging from my nose, took up the effort.

He researched for days and asked me to visit the web and look up MG. To say I was relieved would be an understatement. I had gratitude for ending the mystery. I'm a solution focused psychotherapist and I live that way. What is the problem? Let's find the solution(s).

I went to a fine neurologist at University of Miami, Dr. Ram Ayar, who after testing, concluded it was indeed MG and prescribed Mestinon. I have huge gratitude for discovering single serve White House cinnamon apple sauce, to prevent nausea, and to help Mestinon slide down.

Despite Mestinon, symptoms increased and I couldn't raise my arms and had trouble walking. After the period when I couldn't walk I had to lean on walls. I had trouble breathing at night. My husband had to hook my bra. I was hospitalized and received IVIG treatments. I sought help from a second neurologist at U Miami, Dr. Michael Benetar, who added prednisone and Azathioprine to the Mestinon in hopes of helping my body create a remission. **Deepest gratitude.** He, like me, is results oriented. I've overcome my fear of falling down in the street and having MG being mistaken for a heart attack.

I've learned that if symptoms increase, they do so gradually, with sufficient days to call your doctor and create a new treatment plan. I am NOT an invalid. I was afraid to travel. I couldn't go to the gym. My strength has returned in full force. Gym 3x per week, walk 2 miles per day.

Throughout I never missed a day of work. I have gratitude for conducting life normally despite MG. I've flown to the Bahamas. I've even taken a week's vacation recently. I've decided to call my Myasthenia Gravis, My Asthenia Gravis.

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