

! EMERGENCY ALERT CARD !

I have **myasthenia gravis (MG)**, a disease that can make me so weak that I may have difficulty standing or speaking clearly. In addition, I may have drooping eyelids, double vision, and even difficulty breathing or swallowing. Sometimes these symptoms are mistaken for intoxication. However, if my breathing and swallowing difficulty is severe, I may be having an "MG crisis" that warrants emergency treatment.

If I appear to need help, please contact my physician, the local EMS or hospital immediately.

My Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ or (____) _____

Birth Year _____

Contact in Emergency:

Name _____ Relationship _____

Phone (____) _____ or (____) _____

Other Medical Conditions: _____

Current Medications: _____

Drugs to be Avoided or Used with Caution

Because I have MG, I am at risk of increased weakness if certain drugs are prescribed. Please review the list on the drug card that accompanies this Emergency Alert Card.

For questions regarding medications, contact my MG doctor:

Name _____

Phone (____) _____ or (____) _____

More thorough, complete and up-to-date information on drug effects in MG may be found at the Myasthenia Gravis Foundation of America, Inc. web site www.myasthenia.org. Reference document "*Medications and Myasthenia Gravis: A Reference for Health Care Professionals.*"

First Responder Management

Severe Respiratory Difficulty (Complaints such as shortness of breath at rest, difficulty speaking except in short sentences, anxiety, restlessness, air hunger, fatigue, and inability to lie flat):

- Maintain open airway.
- Suction pooled oral secretions.
- Support respirations if needed with an ambu bag or noninvasive ventilation if available. (Breathing difficulty in MG is related to diaphragmatic weakness. Oxygen is not helpful and may be harmful.)

Severe Swallowing Difficulty (Complaints such as choking, gagging, nasal regurgitation, inability to swallow food or medications, anxiety and restlessness):

- If actively choking open mouth and remove any visible food particles.
- Perform Heimlich maneuver if foreign body (including food) airway obstruction is suspected.
- Maintain open airway.
- Suction pooled oral secretions.
- Keep a calm and peaceful atmosphere.
- Sit patient upright if alert.