



**mg-mi.org**

3/30/2020

**To address a few questions we have received regarding MG and the current covid-19 pandemic, we invite you to review the following information provided with input from our Medical/Scientific Advisory Board:**

Having MG or any other chronic condition will not lessen the likelihood of your receiving necessary treatment from a medical facility.

There are no restrictions on who receives treatment for covid-19 in Michigan.

There is no suggestion that patients testing positive for covid-19 would receive preferential treatment or have access to necessary medical equipment (ex. ventilators) over other critically ill patients.

Breathing problems relating to MG are typically related to muscle weakness and not from a difficulty getting oxygen into the bloodstream (such as with covid-19 and other respiratory infections) or constriction/inflammation of airways (such as asthma or COPD). These differences can typically be readily differentiated by the treating physician by talking to the patient about their MG, routine bedside assessment (such as listening to the lungs), and (if needed) chest x-ray.

Having the diagnosis of MG does not suggest that you are more likely to contract, or that you are more likely to have a more severe case of, this or any infection.

There is currently no evidence to suggest that patients with MG or who are on immunosuppressive therapy have more severe cases of covid-19 infection.

Any infection can increase the risk for developing an “MG flare” (myasthenia exacerbation). This is especially true for those in whom the disease is not controlled.

The treatments that are sometimes used to treat MG can suppress the immune system. This suppression of immune function can put the patient at an increased risk for any infection. Always consult your prescribing physician or your pharmacist with questions and concerns about medications you are taking. Do not stop taking prescribed medications unless directed to do so by your physician. (This is especially important because stopping some medications incorrectly can lead to increased disease activity.)

While difficulty breathing is listed as a common and serious adverse reaction for patients taking mycophenolate (Cellcept), in general the medication does not cause breathing problems. Patients who acquire respiratory infections while taking mycophenolate could of course experience difficulty breathing. All medication decisions should be made with your prescribing physician.

**All content is for informational purposes and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition.**

3/29/2020 covid concerns, continued...

If you are taking a medication that suppresses the immune system, consider taking extra precautions at this time to limit exposure to infectious agents.

**Everyday preventative actions for avoiding the spread, and/or preventing contraction, of infection include:**

- Avoid close contact with people who are sick.
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Regularly sanitize surfaces and objects, particularly in high-traffic areas.
- Consume a nutrient-dense diet, with calories from high-quality food sources. Avoid added sugars, excessive carbohydrates, and processed food products. Limit consumption of caffeine and alcohol.
- Thoroughly wash all fruits and vegetables before cooking and/or consuming.
- Get plenty of sleep! Strive for it to be of the best possible quality.
- Move your body frequently and get adequate exercise.
- Breathe fresh, clean air.
- Get outdoors and into sunshine.

**Additional measures to consider at this time:**

- If you become ill, stay home and contact your physician for treatment recommendations.
- Avoid non-essential travel and non-essential meetings.
- Avoid crowds or large groups of people.
- Avoid contact with sick people.
- Frequently sanitize surfaces, objects, and areas that are being touched/used.
- Let others do your shopping and errands.
- Take added dietary precautions – a lot of glucose (sugar) in our blood makes it harder to fight infection.
- Get even more sleep!

From the International MG/COVID Working Group, please see their [Guidance for the management of MG and LEMS \(Lambert-Eaton Myasthenic Syndrome\) during the covid-19 pandemic](#) which includes recommendations for patients on existing therapies.

Always consult your physician with any questions you have about your conditions and medications. Your situation is unique to you! Your physicians don't know what you don't tell them, and this includes your unique concerns.

Please contact MG-MI with additional questions:

[info@mg-mi.org](mailto:info@mg-mi.org)

616-956-0622

2660 Horizon Dr SE, Suite 235, Grand Rapids, MI 49546

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