

What Is MG?

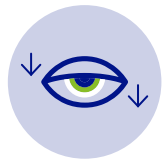
This quick-reference guide gives Community Health Workers and Promotores an overview of Myasthenia Gravis (MG), including common symptoms, triggers, and the five major types of MG. Share this resource to help raise awareness, empower others to notice the warning signs, and speak up about their health.

Myasthenia gravis (MG) (my-us-THÉE-nee-uh GRAY-vis) is the most common condition that affects the connection between nerves and muscles, called the neuromuscular junction. It causes muscle weakness that comes and goes, often getting worse with activity and improving with rest. MG usually affects muscles that control the eyes, throat, arms, and legs.¹

Five Types of MG²



Generalized MG



Ocular MG



Transient neonatal MG



Congenital MG



Juvenile MG

Triggers

- Many things can trigger or make MG worse, such as infections, surgery, vaccines, heat, emotional stress, pregnancy, and certain medications (some examples include antibiotics like aminoglycosides and fluoroquinolones, beta-blockers, or drugs that affect the muscles).¹
- MG often begins with ocular symptoms. About 50% of people with ocular MG may develop generalized myasthenia gravis (gMG) within the first year. About 15 percent of people with MG will have only ocular MG.²

Symptoms



Eye Muscles: Drooping eyelids (ptosis) and double vision (diplopia).³



Facial Muscles: Difficulties in speaking (dysarthria), chewing, and swallowing (dysphagia).³



Respiratory Issues: Shortness of breath and, in severe cases, respiratory failure.³



Limb Muscle Weakness: Weakness in the arms, hands, and legs, affecting mobility.³



Severe Fatigue and Malaise: Feeling lack of energy.⁴

Sources: 1. Suresh, A. B., & Asuncion, R. M. D. (2023, August 8). Myasthenia gravis. StatPearls - NCBI Bookshelf. <https://www.ncbi.nlm.nih.gov/books/NBK559331/>; 2. Dresser L, Wlodarski R, Rezania K, Soliven B. Myasthenia gravis: epidemiology, pathophysiology and clinical manifestations. Journal of Clinical Medicine. 2021;10(11):2235. doi:10.3390/jcm10112235; 3. MyastheniaGravis.com. (2023, November 22). Can I prevent ocular MG from progressing to generalized MG? Myasthenia-Gravis.com. <https://myasthenia-gravis.com/clinical/ocular-progression>; 4. J Kaminski, H. (2024, October 1). Myasthenia gravis. National Organization of Rare Diseases. Retrieved April 7, 2025, from <https://rarediseases.org/rare-diseases/myasthenia-gravis/>; 5. Myasthenia gravis (MG). (2025, February 19). Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/17252-myasthenia-gravis-mg>

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