

Treatment Options

Community Health Workers and Promotores play a vital role in helping people living with Myasthenia Gravis (MG) understand their options. Although there is no cure for MG, there are effective treatments that help manage symptoms.¹

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Surgery

Treatment Type	What it Does	How It's Given
Acetylcholinesterase Inhibitors (AChE inhibitors) ²	Work by stopping the breakdown of acetylcholine at the neuromuscular junction (NMJ) ²	Oral, IV or intramuscular ²
Glucocorticoids (GCs) ²	Works by reducing the function of immune cells and decreasing inflammation. ²	Oral ²
Non-Steroidal Immunosuppressants (NSISTs) ²	Suppress the production of abnormal antibodies. ²	Oral or IV ²
B-Cell Inhibitors ²	Deplete B-cells through cytotoxicity and induction of cell death ²	IV infusion ²
Plasma Exchange (PLEX) ²	Filters out abnormal antibodies. ³	IV through a catheter ²
Intravenous Immunoglobulin (IVIg) ²	Concentrated antibody treatment from healthy donors that temporarily alters immune function. It helps by binding to and removing harmful antibodies. ²	IV infusion ²
FcRn Inhibitors ²	Block FcRn, reducing the recycling of IgG, including pathogenic autoantibodies, to prevent impairment of neurotransmission, NMJ damage, and muscle weakness ²	IV or subcutaneous (under the skin) ²
Complement Inhibitors ²	Block complement activation and MAC formation, preventing damage to the NMJ and resultant muscle weakness ²	IV or subcutaneous ²



- If the person has a thymoma (tumor in the thymus gland), removing it can help reduce the severity of symptoms and the need for medication.⁴

Sources: 1. Myasthenia Gravis: What is it?. Cleveland Clinic. (2025, June 2). <https://my.clevelandclinic.org/health/diseases/17252-myasthenia-gravis-mg> 2. UCB Rare Disease Connect in Neurology. (2025). MG Fast Facts: Summary for HCPS Generalized Myasthenia Gravis (GMG) Treatment In brief. UCB. (US-DC-2500003) 3. NIH. What is Myasthenia Gravis? <https://www.ninds.nih.gov/health-information/disorders/myasthenia-gravis> 4. Medical News Today. (n.d.). Thymectomy: Procedure, benefits, and risks. Retrieved April 22, 2025, from <https://www.medicalnewstoday.com/articles/thymectomy> 5. Lehnerer, S., Jacobi, J., Schilling, R., Grittner, U., Marbin, D., Gerischer, L., Stascheit, F., Krause, M., Hoffmann, S., & Meisel, A. (2022). Burden of disease in myasthenia gravis: taking the patient's perspective. *Journal of neurology*, 269(6), 3050–3063. <https://doi.org/10.1007/s00415-021-10891-1> 6. Myasthenia Gravis Foundation of America. (n.d.). General MG management. Retrieved April 22, 2025, from <https://myasthenia.org/Living-With-MG/After-Your-Diagnosis-General-MG-Management/> 7. Suresh, A. B., & Asuncion, R. M. D. (2023, August 8). Myasthenia gravis. StatPearls - NCBI Bookshelf. <https://www.ncbi.nlm.nih.gov/books/NBK559331/> 8. Healthline. (n.d.). Speech therapy for myasthenia gravis. Retrieved April 22, 2025, from <https://www.healthline.com/health/speech-therapy-myasthenia-gravis>



Lifestyle Adjustments and Supportive Care

MG leads to exertion-dependent muscle weakness, but also psychological and social well-being can be limited.⁵

Rest: Since MG worsens with activity, pacing and setting manageable goals—like short, low-impact exercises—can help people with MG stay active without overexertion.⁶

Avoiding Triggers: Manage infections, heat, and emotional stress, and avoid certain medications.⁷

Speech & Swallow Therapy: Can help those with swallowing and speaking difficulties.⁸

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