



### Advocacy Strategies for MG Patients and Caregivers

- Believe in yourself and Prioritize your needs. No one knows your needs better than you
- Try to have someone with you during your medical appointments
- Provide detailed records of your symptoms
- Ask permission to audio record your meeting on your cell phone, in order to capture accurate details
- Understand your Rights as a patient and or caregiver
- Document all conversations and keep dated records
- Prepare and plan for upcoming meetings and or appointments
- Be creative and assertive
- Get information and decisions in writing

- Do not be afraid to get a 2nd opinion and or view point
- Go into your appointment with your own research and a tentative plan
- Try to resist on relying on google for answers,and know your source of information