

# WHAT IS YOUR ACTIVITIES OF DAILY LIVING SCORE?

The Myasthenia Gravis Activities of Daily Living (MG-ADL) scale is used to measure your gMG symptoms.

This scale is a tool that helps you measure the symptoms that affect your daily living and communicate your symptoms with your doctor.

**How to Use:** Score each activity from 0 to 3 and add the scores to see your total result.

	0=Normal	1	2	3=Most Severe	0-3
<b>Talking</b>	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal speech, but can be understood	Difficult to understand speech	
<b>Chewing</b>	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube	
<b>Swallowing</b>	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	
<b>Breathing</b>	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	
<b>Impairment of ability to brush teeth or comb hair</b>	None	Extra effort, but no rest periods needed	Rest periods needed	Cannot do one of these functions	
<b>Impairment of ability to arise from a chair</b>	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance	
<b>Double vision</b>	None	Occurs, but not daily	Daily, but not constant	Constant	
<b>Eyelid droop</b>	None	Occurs, but not daily	Daily, but not constant	Constant	

Your total score will range from 0-24.

Higher scores indicate more impairment.

Total your MG-ADL score

# WHAT IS YOUR ACTIVITIES OF DAILY LIVING SCORE?

The MG-ADL scale is designed to help you throughout the entire course of your gMG experience.

Use this table to track your symptoms regularly and help you tell your doctor how symptoms are impacting your life. Ask your doctor how often to track your scores.

	1	2	3	4	5	6	7	8	9	10	11	12
Date												
ADL Score												

## Share your MG-ADL scores with your doctor

It's important to review your MG-ADL results with your doctor. Here are three reasons why:

### Doctor appointments may be brief.

- With a quick glance at your completed MG-ADL worksheet, your doctor can quickly understand how your symptoms are impacting your life.

### You know your symptoms best.

- It can be difficult to communicate with your doctor about your symptoms. The MG-ADL scale is a standardized worksheet that helps you show your doctor exactly what you're feeling.

### It's important to form a team with your doctor.

- Tracking your symptoms using the MG-ADL scale shows your doctor that you are an active partner in your treatment path.

## When to talk "MG-ADL"

Your doctor will often begin your visit by asking how you've been. This is a great time to bring up your MG-ADL.

### Need help starting the conversation? Try using one of these phrases:

- "Since my last appointment, I've been tracking my symptoms with the MG-ADL."
- "I'd like to discuss my MG-ADL scores."
- "I've been using the MG-ADL scale to track how gMG affects me. I want to talk with you about my scores."