

# Myasthenia Gravis Activities of Daily Living (MG-ADL) Assessment Tool

The MG-ADL scale helps to track your generalized Myasthenia Gravis (gMG) symptoms by looking at 8 signs and symptoms commonly associated with gMG.

Your MG-ADL scores are shared with your neurologist so that they can understand how gMG affects your daily life. After each infusion cycle, this information will help your neurologist decide when it's time for another VYVGART<sup>®</sup> treatment cycle.

## How to use this tool:

1. Enter the date of assessment. Specify the time of day (AM or PM) for the assessment. Consistently track your symptoms at the same day and time each week.
2. For each of the following items (1-8), assess your condition and assign a score ranging from 0 to 3 in the column on the right based on your level of impairment.
3. To calculate the total MG-ADL score, add the scores for items 1 to 8. The total score can range from 0 to 24, with higher scores indicating more severe impairment due to gMG.

Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM  PM

Grade	0	1	2	3	Score (0, 1, 2, or 3)
<b>1. Talking</b>	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal, but can be understood	Difficult to understand speech	
<b>2. Chewing</b>	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube	
<b>3. Swallowing</b>	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	
<b>4. Breathing</b>	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	
<b>5. 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>6. Impairment of ability to arise from a chair</b>	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance	
<b>7. Double vision</b>	None	Occurs, but not daily	Daily, but not constant	Constant	
<b>8. Eyelid droop</b>	None	Occurs, but not daily	Daily, but not constant	Constant	
<b>MG-ADL score total (items 1-8) =</b>					



Remember to regularly fill out a MG-ADL score because this information can help your neurologist decide when it's time for another VYVGART<sup>®</sup> cycle.

Establishing a consistent routine of completing the MG-ADL assessment (ideally on the same day and time each week), will be helpful for your healthcare team to understand how you are feeling related to your gMG.

*If you notice any symptoms that are not mentioned above, or have any questions for your neurologist, jot them down on the backside of this page.*

**→ My other gMG symptoms**

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**→ Questions for my neurologist/healthcare team**

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**→ Other notes**

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**Ask your neurologist or your MyPATH Patient Support Program Nurse Case Manager if you have questions about your VYVGART<sup>®</sup> treatment.**

You can also track your symptoms digitally using **MyPATH (on the MyBayshoreCare<sup>™</sup> app)!**