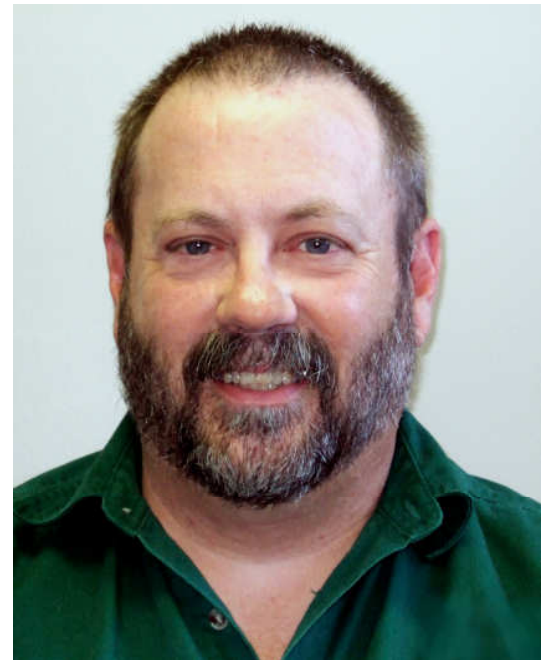


MG medical information on my smartphone

I have always been a person who spends a lot of time in the remote outdoors and have managed to be able to enjoy my passions such as camping, paddling and hiking. I just have to pay attention to my limitations. I no longer do any of these adventures alone. I always have a close friend or family with me who understands my MG and can assist in a medical emergency. As a MG patient I try to have information easily available such as my prescriptions, and medications which can have negative impact on my MG. I also like to have the *Myasthenia Gravis Manual for Health Care Providers* available. I recently got a SmartPhone and decided to make easy access to this information only a few clicks away. I have to assume if I need emergency services in a sparsely populated area that my medical providers may have no/or little knowledge of MG. I want whoever is my advocate to have this information easily available. I have an ICE (in case of emergency) app which has my medical information such as condition, medications, physicians and emergency phone contacts. I have a message on a line for medications telling whoever is reading how to find both the list of meds to avoid and the *Health Care* manual. In addition to things such as a medical alert card, this is just another strategy to have information easy to access if I become injured or incapacitated. I am fortunate to have a close circle of friends who have shared my outdoor passions. In remote areas, we have had to rely upon each other for rescue, first aid and mutual support. This level of trust makes me feel that it is my responsibility to have whatever information they need for me in an emergency. They have all been happy to carry lists and instructions with them, but I hope this can be a quick and easy option.



Dennis Wise, 7-years living with MG