Disclaimer: After being diagnosed with Myasthenia Gravis (MG) in 1985, my local neurologist referred me to Duke University in 1989 where I first met Dr. Janice Massey. Today I give her full credit for restoring my quality of life and quite possibly saving my life itself. It was a delight for me to be able to interview Dr. Massey for this article and to have the opportunity to question her in order to learn more about her and her work from a different perspective. Below is a synopsis of our discussion.

Dr. Janice M. Massey is Chief of the Neuromuscular Division in the Duke University Department of Neurology. She has spent her career attending patients, facilitating research and training doctors and other health care professions in the area of neuromuscular diseases. Dr. Massey has served on many national boards and as president of several neurologic organizations. The Carolina Chapter of the Myasthenia Gravis Foundation of America (MGFA) is fortunate to have her as a member of our Health Professional Advisory Board. In May 2013 she was named MGFA Doctor of the Year at the MGFA National Conference in Miami. In October she received the 2013 Distinguished Physician Award by the American Association of Electrodiagnostic and Neuromuscular Medicine.

She grew up in a very depressed environment in Paducah, Kentucky. Without hot water until high school, she helped her mother earn tuition money for nurse’s training by baby sitting and cleaning and ironing for others while in middle school. Her mother, who was her inspiration, stressed the value of learning and began putting money aside for her daughter’s college education. Dr. Massey always loved learning and was the first in her family to go to college. She met her husband (who later became a neurologist) while in college. Dr. Massey majored in math and taught high school math while her husband finished medical school and neurology residency. She entered medical school at Georgetown University when only 18% of the class could be female. She came to Duke for neurology residency followed by fellowship training with Dr. Donald D. Sanders before joining the faculty as the first female neurologist. While enjoying all aspects of neurology, she decided to become a neuromuscular expert in part due to a need for additional faculty at Duke. She found she loved electromyography (EMG) and caring for myasthenia patients and the collegial relationships in the neuromuscular division. Dr. Massey is the first female full Professor of Neurology at Duke.

Impact on Doctors: Those who come under the tutelage of Dr. Massey are Fellows who are actually full neurology doctors. Each year, there are three neurologists training in the Duke Neuromuscular Fellowship program. Numerous former Duke Neuromuscular Fellows are Chairs of various neuromuscular, neurology departments or EMG laboratories throughout the US. On completion of fellowship training about 50% enter academia and 50% private practice.

Thymectomy: The standard protocol recommends that thymectomy aids in the treatment of MG, especially in those younger than fifty; however there is little formal documentation to support this. In an effort to prove this, Dr. Massey participated in the recently completed design and execution phases of a 6-8 year international study involving 132 patients worldwide. The results of the study are expected to be published in the spring of 2014. She currently prefers the full sternal thymectomy because it seems to be the most accepted method of removing all the surrounding thymus finger-like tissue around the thoracic wall and neck. She indicated that there is a need to study the newer technology and comparison of the different techniques of thymus removal.
Hello to All Carolinas Chapter Members!

Dorothy and I want to wish you a Happy, Healthy, Prosperous and Blessed New Year! Boy, my first year a Chairperson for the Chapter has really flown by.

At our successful Chapter’s annual meeting in November, the 2014 Carolinas Chapter Board of Directors (BOD) was elected. Bios for the new board members are on page 11. We had great attendance (63 people from NC, SC and VA) and a wonderful speaker, Dr. Donald Sanders from Duke University.

At its first meeting January 11, 2014, the new BOD elected an Executive Committee and our Health Professional Advisory Board also was solidified. See the sidebar on this page for the updated list.

Our existing support groups (and we’ll continue using that name) continue to grow and offer information on ‘How to Live with MG’ to their members. We also have a new support group starting up in Myrtle Beach that we will work with to build attendance and awareness. I know everyone joins me in thanking the volunteers who are making these support groups such a success.

The MG Phone Circle of Friends has been activated! See pages 9 and 10 for information on this exciting new project. Soon, the list will be posted and maintained on the Carolina’s Chapter website - http://www.myasthenia.org/LivingwithMG/MGFAChapters/Carolinas.aspx.

The BOD plans for 2014 are to continue strengthening our existing activities – quarterly RALLY newsletter; assisting MG Support Groups in the Carolinas; offering MG information through our toll-free phone answering service; MG Phone Circle of Friends; sending MG educational materials to MG patients, neurologists and other medical professionals in the Carolinas for their patients; and providing research funding to MGFA. The cost of these services make up about 80% of our $8,400 budget expenses. Note that 25% of each dollar we receive – membership dues, donations, Community Health Charities and United Way allotment goes directly to MGFA for MG Research and Development. Therefore it is it vital for our continued success and financial survival that the Carolina Chapter members voluntarily pay their annual membership dues of $15 if you appreciate the services we offer you and all MG patients in the Carolinas! Dues may be paid anytime during the year by mailing to our chapter address listed on page 7.

In addition we are investigating the possibility of participating in an MGFA MG Walk in the Carolinas during 2014 to raise MGFA MG Research and Development dollars and as important, raise awareness about MG – more information to follow.

I am looking forward to receiving your input on any items, especially on how to improve what we can do to for our Chapter!

Herb Johnson

3389 Helmstetler Road
Lexington, NC 27295
Email – hnj@triad.rr.com
Toll free – 877 643-2221 X101 (if not available, leave message)
Home – 336 769-8579
Rally Spotlight — Dr. Janice M. Massey (continued from page 1)

**Diet:** In general, Dr. Massey recommends a well balanced diet for MG patients. Certain treatments for MG may cause some issues that need to be addressed: Mestinon may cause absorption issues; Prednisone may lead to issues with bone health, diabetes or blood pressure; chewing issues may require some modification such as pureeing certain foods for easier swallowing.

**Exercise:** She is a strong proponent of exercise for MG patients. Chronic illnesses often cause one to experience a sense of loss of control. Exercise is very helpful in giving back that sense of control and helps with the stress of dealing with a chronic illness. Walking is very good and helps with weight control but she stresses that one must exercise wisely and remember that you also have to walk back.

**Coping:** Any chronic illness is initially hard to accept. Dr. Massey indicated that the first 3 years are generally the hardest when one tries to assimilate. Concrete recommendations need to be very individualized after a full evaluation of the person and their circumstances. There may be a need for some physical or occupational therapy, to limit your day or specific activities, to modify “when” you do certain things. You may need a short nap or rest periodically. You may benefit from avoiding heat, emotional stress and doing whatever is necessary to help regain a sense of control.

**MG/Herpes:** Nothing has been shown to prove a relationship between MG and the Herpes virus. The Herpes virus is very common and widespread and would be very difficult to study.

In addition to her medical career, Dr. Massey has many varied interests including cooking, working with flowers and her herb garden (which she shares with the deer), reading mysteries/cook books, church work, keeping children and walking in the woods. She and her husband have 3 grown children. Their oldest son and his wife recently moved back to Durham, the second son is working in San Antonio, TX and their daughter is in college.

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On 9/21 Vicki Ruddy and Herb Johnson represented our Chapter at the Piedmont Association of Physician Assistants Annual Educational Conference held at the conference center at Novant Health Forsyth Medical Center where WFBMC neurologist Vanessa Baute, MD did a lecture for the PA’s on ‘Disorders of the Neuromuscular Junction’.

On 9/22 Jeanie Baird and Vicki Ruddy represented our chapter at the 1st Autoimmune Health Fair that was held at University Mall in Chapel Hill and was sponsored by the Sjögren’s Syndrome Association. There were several autoimmune diseases represented.

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**SAVE the DATES !!!**

The **2014 annual meeting of the Myasthenia Gravis Foundation of America, Inc.** will be held in Philadelphia, PA, **April 16-18, 2014**. The Conference combines the Foundation's annual business meeting with the opportunity for patients and their families to learn more about the disease and its treatment, current research, and tips to learn 'how to live' with MG from experienced medical professionals and fellow patients.

The **2014 annual Carolinas Chapter meeting** will be held at the Novant Health Forsyth Medical Center Conference Center in Winston-Salem, NC on Saturday, October 25. Dr. James F. Howard Jr. will be our featured speaker. Plan now to attend!!

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Preparing for Emergencies
A Checklist for People with Neuromuscular Diseases

For the millions of Americans with limited mobility, emergencies such as fires and floods present a special challenge. Protecting yourself and your family when disaster strikes requires planning ahead. This checklist will help you get started. Discuss these ideas with your family, friends or a personal care attendant, and prepare an emergency plan. Post the plan where everyone will see it.

Emergency Checklist

Ask Questions
— Call your local Federal Emergency Management Agency office or American Red Cross chapter.
— Ask what kinds of disasters could occur in your area and how to prepare for each.
— Ask how you would be warned of an emergency.
— Ask about special assistance that may be available to you in an emergency. Many communities ask people with disabilities to register, usually with the local fire department or emergency management office, so needed help can be provided quickly in an emergency.
— Ask your supervisor about emergency plans at your workplace.
— Ask your children’s teachers and caregivers about emergency plans for schools and day care centers.
— If you currently use a personal care attendant obtained from an agency, check to see if the agency has special provisions for emergencies (e.g., providing services at another location should an evacuation be ordered).

Create a Plan
Meet with household members or your personal care attendant. Discuss the dangers of fire, severe weather, earthquakes and other emergencies that might occur in your community.
— Determine what you’ll need to do for each type of emergency. For example, most people head for a basement when there is a tornado warning, but most basements aren’t wheelchair-accessible. Determine in advance what your alternative shelter will be and how you will get there.
— Visit Quest Magazine Online (quest.mda.org) and search keyword Emergencies for related articles. (For additional assistance and copies of articles, call your local MDA office at 800-572-1717).
— Post emergency telephone numbers near telephones, and teach your children how and when to call for help.
— Learn what to do in case of power outages and personal injuries. Know how to connect or start a backup power supply for essential medical equipment.
— If you or someone in your household uses a wheelchair, make more than one exit from your home wheelchair accessible in case the primary exit is blocked in a disaster.
— Teach those who may need to assist you in an emergency how to operate necessary equipment.
— Arrange for a friend or neighbor to check on you in an emergency.
— Learn how to turn off the water, gas and electricity at main valves or switches.
— Plan and practice how to escape from your home in an emergency.
— Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency.
— If you live in an apartment, ask the management to identify and mark accessible exits.
— Learn your community’s evacuation routes.
— Obtain a battery-operated radio for emergency information.
— Pick one out-of-state and one local friend or relative for family members to call if separated by disaster.
— Pick two meeting places:
  1) A place near your home in case of fire.
  2) A place outside your neighborhood in case you can’t return home after a disaster.
— Keep family records in a water-tight, fireproof container.

Prepare a Disaster Supplies Kit
Assemble supplies you might need in an evacuation. Store them in easy-to-carry containers such as a backpack or duffel bag. Include:
— A battery-powered radio, flashlight and plenty of extra batteries for them
— A first aid kit, prescription medications and an extra pair of glasses
— A supply of water (one gallon per person per day); store water in sealed, unbreakable containers; identify the storage date, and replace every six months
— A supply of nonperishable food and a nonelectric can opener, plus any special foods you require
— If you have a baby, include extra diapers and other infant care items
— Extra wheelchair batteries, oxygen, medication, catheters, food for guide or service dogs, or other special equipment you might need
— A change of clothing, rain gear and sturdy shoes
— Blankets or sleeping bags
— A list of family physicians and the relative or friend who should be notified if you are injured
— A list of the styles and serial numbers of medical devices such as pacemakers
— An extra set of car keys
Also ...
— Store backup equipment, such as a manual wheelchair, at a neighbor’s home, school or your workplace.
Preparing for Emergencies (continued)

**Home Hazard Hunt**

In a disaster, anything that can move, fall, break or cause a fire is a potential hazard.

- Repair defective electrical wiring. Smell for leaky gas connections. If you smell gas, turn the gas off, and call a professional to repair it.
- Keep the shut-off switch for oxygen equipment near your bed or chair, so you can get to it quickly if there’s a fire.
- Fasten shelves securely to the wall. Place large, heavy objects on lower shelves or floor.
- Hang pictures and mirrors away from beds. Bolt large pictures or mirrors to the wall.
- Secure water heater by strapping it to a nearby wall.
- Repair cracks in ceilings or foundations. Brace overhead light fixtures.
- Store weed killers, pesticides and flammable products away from heat sources.
- Have chimneys, flue pipes, vent connectors and gas vents cleaned and repaired by a professional.

**If You Need to Evacuate**

- Listen to a battery-powered radio for the location of emergency shelters. Know in advance the location of wheelchair-accessible shelters. Follow instructions of local officials.
- Wear appropriate clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your house.
- Use the travel routes specified or special assistance provided by local officials.

*If you’re sure you have time…*

- Shut off water, gas and electricity if instructed to do so.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals other than service animals may not be allowed in public shelters.

**Prepare a Car Kit**

Include:

- Battery-powered radio, flashlight, extra batteries and maps
- Blanket and first aid kit
- Shovel
- Tire repair kit, booster cables, pump and flares
- Fire extinguisher (5-lb., A-B-C type)
- Bottled water and nonperishable foods such as granola bars, raisins and cookies

**Fire Safety**

- Plan two escape routes out of each room. If you can’t use the stairways, make special arrangements for help in advance. Never use the elevators.
- Install smoke detectors. Clean and test smoke detectors once a month. Change batteries at least once a year.
- Consider installing home sprinklers.
- If there’s a fire, don’t try to fight the fire. Get out fast. Do not stop for pets or possessions. Call the fire department after you’re outside. Never go back into a burning building.
- Feel the bottom of a door with the palm of your hand. If it’s hot, find another way out.

This publication was originally prepared by the Muscular Dystrophy Association (MDA) with the help of the American Red Cross and the Federal Emergency Management Agency. It was made available for use from the MDA and they have given permission for us to reprint in our newsletter.

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**Welcome to the Myrtle Beach MG Support Group, newly organized in late 2013!!** We would like to help organize more support groups in areas not reached by our existing groups. If you are interested in helping organize a support group in your area, please call the Carolinas Chapter: 1-877-MGFA-CC1 X101 (1-877-643-2221 X101).
Pictures from the 11/2/13 Annual Carolina Chapters Meeting
Where were you? You were missed!! Plan to attend in 2014.

FRIENDS—NEW and OLD

GOOD FOOD
Gifts, Donations and Dues

Gifts of any amount to The Carolinas Chapter of the Myasthenia Gravis Foundation of America (MGFA) assist with research and other activities of MGFA. Our Chapter dues, which are $15 per person annually, cover patient advocacy and chapter expenses, including the publishing of RALLY. Gifts and dues are deductible, as allowed by law, and may be sent at any time during the year. Checks should be made payable to Carolinas Chapter of MGFA and sent to:

Carolinas Chapter MGFA
P. O. Box 5054
Cary, NC 27512

The Carolinas Chapter of the Myasthenia Gravis Foundation gratefully appreciates gifts, donations and dues from the following, received July 1 — December 31, 2013:

**DONATIONS**

- Doug and Joyce Cable
- Bethany Han
- Jack Hinson
- Edward Holmes
- Franklin Johnson
- David Nixon
- Maranda Phillips
- Raymond Poutre
- Cheryl Reeves

**DONATIONS**

- David Richards
- Irma Richardson
- D. Gene Rickenbaker
- William Russell
- Dr. Donald Sanders
- Sharon Sawyer
- Barbara Sifford
- Thelma Taylor
- Frances Williams

**DUES**

- F.F. Bickerstaff
- Michael Bolick
- Josef Bretschneider
- Ruby B. Britt
- Laurette Brooks
- Pam Brothers
- Doug and Joyce Cable
- Julian Carnes
- Virginia Childs
- Donna D'Orazio
- James and Lisa Dain
- Charles Fernald
- Ed Floyd
- Susan Gerdon
- H.D. Gross
- Lisa Hall
- Terry Herndon
- Jack Hinson

**DUES**

- Edward Holmes
- Paul Ingold
- Franklin Johnson
- Penny Jones
- Emily Kemp
- Roy Lawson
- Mark Lieberman
- Frances Lunsford
- Timothy McCulloch
- Thomas McDonough
- Michael and Carol McMorrow
- Sister Mary Michael
- David Nixon
- Elfreda Palmer
- Maranda Phillips
- Henry Porcher
- Raymond Poutre
- Iris Powell
- Jimmy Prince
- Cheryl Reeves
- Joann Rice
- David Richards
- Irma Richardson
- D. Gene Rickenbaker
- William Russell
- Dr. Donald Sanders
- Margaret Herbst Sanders
- Sharon Sawyer
- Mary Scott
- Kenneth Sibal
- Barbara Sifford
- John Speltz
- Thelma Taylor
- Patricia Thompson
- Frances Williams

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**Note:** This is an excellent article to share with your physicians, emergency personnel and paramedics. 

**Myasthenic Exacerbation and Crisis**

Myasthenic Crisis is a term used to describe a condition where the muscles that control breathing weaken to the point that ventilation is inadequate, creating a medical emergency and requiring a respirator for assisted ventilation. This condition can happen quickly, with little or no warning and requires immediate medical emergency care. Monitoring the respiratory status should be done routinely. Observe the patient for signs of shortness of breath or increased respiratory effort. Obtaining NIF and FVC may give clues to potential problems. One distinctive characteristic of the MG patient during evaluation of respiratory strength is that the blood gas or oxygen saturation is not a good indicator of respiratory strength. Myasthenia gravis does not interfere with gas exchange itself, but the capacity of the chest muscles to support respiration.

... From Myasthenia Gravis A Manual for the Health Care Provider by James F. Howard, Jr., M.D. 

Myasthenia Gravis Foundation of America, Inc.
CAROLINAS CHAPTER SUPPORT GROUPS

CENTRAL NC MG SUPPORT GROUP
Schedule: Second Saturday of each month; 12:00—2:00 PM  
Location: Fuquay-Varina, NC  
Contact: Jimmy Prince for directions: (919) 971-1478 or info@cncmg.org

FAYETTEVILLE MG SUPPORT GROUP
Schedule: First Saturday of each month; 11:00 am—1:00 PM  
Location: Hope Mills Church of God (enter at rear of Church parking lot) 4830 Cameron Road Hope Mills, NC 28348  
Contact: Call Thelma Taylor (910) 848-0920 or email Tammy Sees at tjsees@outlook.com

LOW COUNTRY SOUTH CAROLINA
Schedule: Third Saturday of each month; 10:30 AM—2:30 PM  
Location: East Cooper Medical Center in Mount Pleasant, SC  
Contact: Janet Myder or Julian Carnes at (843) 388-1683 or mgsupport11@comcast.net

MOUNTAIN AND UP COUNTRY MG SUPPORT GROUP
Schedule: Third Wednesday of each month; 1:00—3:00 PM  
Location: Pardee Health Education Center at the Blue Ridge Mall in Hendersonville, NC.

TRIAD AREA MG SUPPORT GROUP
Schedule: Third Saturday of each month; 1:00-3:00 PM  
Location: Community Meeting Room/Novant Health Forsyth Medical Center, Winston Salem, NC  
Contact: Dorothy Johnson for information and directions at (336) 769-8579 or nirvana@triad.rr.com  

News: The Triad MG Support Group continues to have speakers at every other meeting, allowing share time for members and guests at the other meetings. Among the highlighted speakers since the last issue of MG RALLY, was Sean Giese, a nurse practitioner in the Neuroscience Intensive Care Unit at Forsyth Medical Center. Sean discussed what Myasthenia Gravis patients in crisis or pending crisis can expect when admitted to an intensive care unit. He explained what ICU personnel look for in determining which treatment plan to institute and when and why to intubate, or not. In addition to his work in the ICU, Sean teaches classes for nurses and paramedical personnel. It was another interesting presentation and we are grateful to Sean for taking time from his busy schedule to share this important information with us.

The Carolinas Chapter Annual Members meeting was successfully held at Novant Health Forsyth Medical Conference Center with 33 of the Triad MG Support Group in attendance!

MYRTLE BEACH MG SUPPORT GROUP
Schedule: Second Saturday of each month; 1:00-3:00 PM  
Location: Advanced Alternative Health, 4620 Dick Pond Road (Highway 544), Suite A, Myrtle Beach, SC 29588  
Contact: Dody Fullex for information at dodyfullex57@hotmail.com or (877) 643-2221 X101.
The **Circle of Friends** is a group of people who have volunteered during specific times to speak with callers who wish to talk with someone with Myasthenia Gravis experience, either as a patient, caregiver, friend, family member, etc. The table below is designed with headings to help you select someone helpful for your specific scenario.

To contact a **specific person**, dial (877) 643-2221 and then enter the **EXT #** listed next to the **Name**. To contact a person from a **specific area**, dial (877) 643-2221 and then enter the **EXT #** listed in the specific **Area**. For instance, to contact Ashley L, enter extension 105; to contact someone in the NC Charlotte Area, enter extension 4.

The **Circle of Friends** directory below will be stored and maintained on the chapter website at www.myasthenia.org. Select the “Find a local chapter” link. Under Southeast, select “Carolinas Chapter”*. If you are interested in being added to the list, please request a form by calling 877-643-2221 x101 or emailing a request to carolinasm@myasthenia.org.

### Table: Circle of Friends Directory

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<th>Name</th>
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<th>Mallory Type</th>
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*Note: *The Circle of Friends directory is available for area-specific contacts. For example, in the NC Charlotte Area, you would call extension 4. For a general contact, you would call (877) 643-2221 and ask for the specific individual by their extension number.
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***** SC WINSTON-SALEM/GRENSBORO Area - Extension 2

***** SC CHARLESTON Area - Extension 12

***** SC COLUMBIA Area - Extension 13

***** SC GREENVILLE/SPARTANBURG Area - Extension 14

***** SC MYRTLE BEACH Area - Extension 15
Carolinas Chapter 2014 New Board Members

Jeanie Baird
Jeanie is currently Manager of Institutional Review Board at Novant Health Forsyth Medical Center and lives at the W/S Ronald McDonald House where she is the night manager. While holding a position at Wake Forest Health Science in dermatology research, she completed a Masters in Public Administration-Non Profit Management at High Point University. She transferred into the Office of Research at Wake to work for the Institutional Review Board, which is federally charged with review/approval/oversight of any research involving human subjects including clinical trials. She worked at The Children's Home (Winston Salem), a residential facility serving children with mental health needs, for 5 years, after graduating from ETSU with a BS in Public Health Education.

Born and raised in East TN on a family farm, Jeanie's interests include: Going home, sitting on Mom's porch, and hanging out with her 5 nieces/nephews, playing volleyball and softball and hanging out with her basset hound and rat terrier, Watson and Peanut. She is an active member of Redeemer Presbyterian Church, serving as Race Director for the Ardmore Run Against Hunger which raised money for Second Harvest Food Bank. While on the board, Jeanie wants to learn more about MG, as well as work with the Chapter to raise MG awareness!

Julian H. Carnes Jr.
Julian is a retired career Army officer who followed his military career by working in a variety of professional positions with major corporations. He later founded, operated and sold Concrete Coring Company, a specialty construction company doing business in NY and NJ and later founded Phoenix Consultants International retiring from the business world in 2002.

His MG was initially diagnosed in February 2008 and he experienced a severe crisis later that same year. He and Janet Myder whom he randomly meet at a book club meeting in 2009, started the Low country MG Support Group in October 2010. He has co-chaired the support group since inception as it’s grown from 4 to 25 active members.

Julian has been married for over 55 years and has two adult children and 3 grandchildren. He would like to help bring the message of hope and encouragement to as many sufferers of MG as possible and help with the start-up of support groups in areas where none is available and a need exists. He is an optimist and his life motto has always been "Press On!"

Anne Lowish
Since graduation from nurse's school at NC Baptist Hospital, Anne has spend her professional career helping, educating and training patients, other nurses, companies, agencies, and insurance companies both locally and nationally. She has been employed by MedPro RX (an accredited specialty infusion pharmacy) in a sales/nursing/educational position with RN and CRNI accreditations. She has started and executed new educational programs, helped with nursing issues in the infusion of clients, and sought out new ideas for both the bleeding disorders community and those who need IVIG, including those with MG.

Anne is married with two adult children and eight grandchildren.

Since 1/2010, she has been the Chapter’s liaison with medical professions (doctors, nurses, infusion centers, etc.) in NC (especially western NC) for promoting the Chapter’s educational materials to be given to their MG patients. While serving on the board Anne’s goal is to continue to help chronically ill patients.

Catherine (Cathy) Liner
Cathy was diagnosed with MG in 1985; had a Thymectomy in 1990; has participated in several drug studies over the years, including those for Cyclosporine and CellCept; joined the Carolinas Chapter in mid 1990s and has been a member of the Triad Area Support Group since its inception. She is currently doing extremely well on a regime of CellCept, Prednisone and Mestinon.

Having recently retired after a 28 year career in the retirement industry, Cathy is having a wonderful time enjoying her 6 grandsons ages 5 and under.

She became the publisher of the Carolinas Chapter MG Rally quarterly newsletter in 2013 and looks forward to opportunities to further help MG patients, their families, medical staff and the community at large to become better informed about the disease, its impact on patients and their families and the treatments available.
Stay up-to-date with the Carolinas Chapter at www.myasthenia.org
Follow the “Find a Local Chapter” link. Carolinas Chapter is listed under Southeast.

MGFA AND CAROLINA CHAPTER MISSION STATEMENT
To facilitate the timely diagnosis and optimal care of individuals affected by Myasthenia Gravis and closely related disorders and to improve their lives through programs of patient services, public information, medical research, professional education, advocacy and patient care.

To contact the Carolinas Chapter:
- **Call** us toll-free at (877) MGFA-CC1 X101 (877-643-2221 X101)
- **Fax**: 888-224-3530
- **Email** carolinas@myasthenia.org
- **Follow** us on Facebook at Myasthenia Gravis Carolina Chapter MGFA
- **Write** to Carolinas Chapter MGFA, PO Box 5054, Cary, NC 27512

Please let us know if we can help. Chapter services include…
- Distribution of educational brochures from the MGFA
- Patient/caregiver support groups (listings on page 8)
- Educational meetings
- Professional education (MG: A Manual for the Health Care Provider available to your physicians)
- Toll-free phone line, Circle of Friends and e-mail for patients
- Email/mailing of quarterly newsletter