

## Summer Weather Tips

Unfortunately those warm days can be a challenge on the bodies of those affected by Myasthenia Gravis. So, here are a few tips to help take care of yourself and enjoy summer as much as possible:

1. If it is raining outside, make sure you are wearing shoes with good traction.
2. Wear loose-fitting, lightweight clothing in hot weather.
3. Perform strenuous activities during peak medication times. Mestinon starts to work within the first 15 minutes, peaks between 1 - 1 1/2 hours and is out of your system in 3-4 hours.
4. Use a cart, wagon, or basket to carry hand tools around the garden so that you do not have to retrace your steps.
5. Try to do your gardening before 10:00 a.m. or after 5:00 p.m. when it is not as hot.
6. Build in rest periods to activities you have planned.
7. Carry ice water with you when it is hot. Ice water or chips will also help if you are experiencing difficulty chewing or swallowing.
8. If you are having neck weakness, ice can be applied to the back of the neck for some relief. If neck weakness continues to be a problem, ask your doctor for a prescription for an ice collar, or ice jacket/vest (jackets can be heavy).
9. Keeping yourself hydrated can minimize cramping. Drink plenty of fluids, and keep in mind that popsicles and jello are considered liquids. If you are drinking products that contain electrolytes, read the label carefully to avoid consumption of magnesium. High magnesium levels can cause muscle weakness.
10. If you are planning to go out of the country and need vaccinations, **ASK YOUR DOCTOR!!!** There are risks!!
11. Watch the weather for **ALERT** days. You should stay in air-conditioned rooms during periods of extreme heat. Avoid any activities outside when it is hot or humid.
12. If you are experiencing severe problems with breathing or swallowing, **GO TO THE EMERGENCY ROOM!!!**
13. If you are doing an activity such as golfing, that can take a long time, take frequent breaks in the shade as well as scheduling the activity when you are at you strongest. Early morning tee times are usually the best.
14. When getting into cars, make sure you have allowed them cool off before getting in.

So how do you "beat the heat" and still enjoy summer? Are there any activities you're interesting in doing, but are concerned if you should be doing them?