Balancing the unseen:
Myasthenia Gravis, energy, and the access to work

When symptoms fluctuate, support and flexibility become essential.

Autoimmune diseases, like Myasthenia Gravis (MG), impact physical health, work, productivity and daily living. These conditions are often invisible, unpredictable and have fluctuating symptoms, creating uncertainty and making it difficult to plan or communicate, leading to social and workplace challenges.

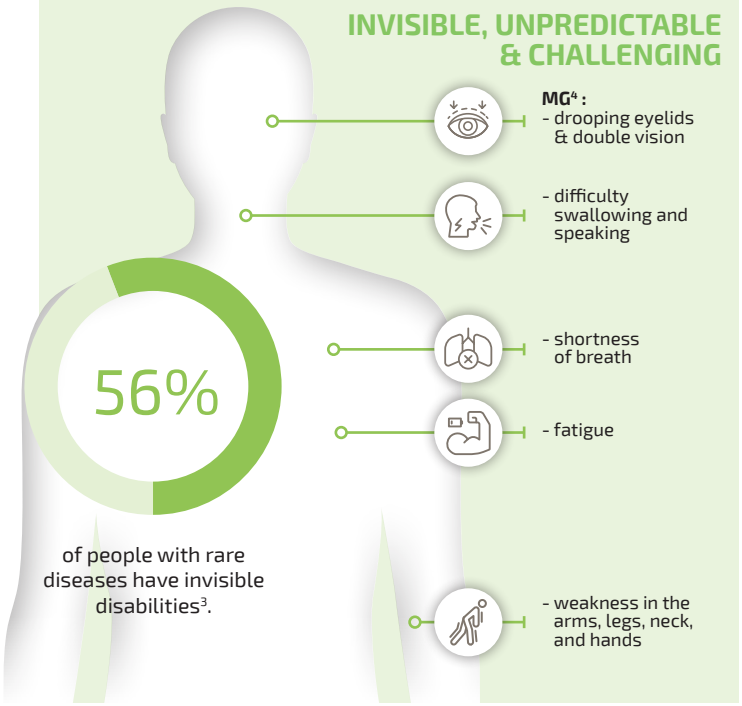
MG is a rare, chronic autoimmune disease characterized by severe muscle weakness[1].

12
Prevalence: 12 cases per 100,000 people[2]

48%
of MG patients experience difficulties with brushing teeth and combing hair[5].

55%
of people with MG experience difficulty walking[5].

INVISIBLE, UNPREDICTABLE & CHALLENGING



56%
of people with rare diseases have invisible disabilities[3].

"The best way I can describe MG is like having concrete poured over you—covering, wrapping, pressing you down. It's as if gravity were stronger. At the core, there's this deep, persistent fatigue."

Marta, MG patient.

DAILY LIMITATIONS CAN DRIVE SOCIAL ISOLATION: When work feels like a challenge

11%
of people with MG cannot work or had to retire early[6].

Around **70%**
of people with MG experience limitations in their work and productivity due to their condition[7].

"Being a patient doesn't make you less valuable at work. You might lose some abilities, but you gain new strengths. Focus on what you contribute, not just on what you've lost."

Matthieu, MG Patient.

41%
of people with MG took a sick leave in the past month[8].

THE CHALLENGE OF WORKING WITH MG

- Fluctuating symptoms and invisible fatigue make daily tasks unpredictable
- Lack of workplace flexibility and awareness leads to exclusion and early retirement
- Emotional burden of constantly justifying one's condition adds to the stress

WHAT NEEDS TO CHANGE

- **For physicians:** Recognize invisible symptoms early and collaborate with occupational specialists to support work-life balance
- **For policymakers:** Acknowledge MG as an invisible disability in employment law and promote inclusive labor policies
- **For employers:** Foster open conversations, offer flexible roles, and adapt work environments to empower people with MG to thrive professionally

INTERESTED IN LEARNING MORE?

Watch the first episode of 'Dare to Care' – the new webinar series by argenx - to hear expert insights, patient stories, and strategies for balancing energy, work and productivity.

https://argenx.com/events/dare-to-care

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Dare to Care

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