



Myasthenia Gravis Association of Queensland Inc.

MessAGes

JUNE
2026



Myasthenia Gravis Association of Qld Inc **IN NO WAY** endorses any products, medical procedures or medical practitioners mentioned. Articles are provided as a guide, and/or for information purposes only.

We take this opportunity to thank Queensland Health, who by the provision of a grant, make the work of the Association and the publication of this Newsletter possible, and to those who take the effort to contribute to its success.

PRESIDENT'S REPORT JUNE 2026

This month is **International Myasthenia Gravis Awareness Month** and the activities are very significant for the MGAQ.

The **Lights Up Queensland** project highlighted many teal-coloured structures being lit up across Queensland. Please gather a group of family and friends to share these wonderful sites. If you do go to look at some lights, any photographs would be greatly appreciated by the management committee. Our co-ordinator for this project, Donna, can be contacted on info@mgaq.org.au. A huge thank you goes out to the local councils, groups and individuals for all their work in making this activity so successful.

Our **Walk for Myasthenia Gravis**, another awareness month activity, was held at New Farm Park on Saturday 13 June. With over 100 people attending it was a fabulous morning of fun and friendliness. The smiles on faces before, during and after the event were very heart-warming. Many thanks to Tory and her band of helpers for hosting this wonderful event.

Danielle ran in the Brisbane Marathon as an awareness-raising event for MG. Big congratulations to her for completing the course and for making such a positive contribution.

You will see in this newsletter the nomination form for membership of the management com-

mittee of the MGAQ on page 10. Members of the management committee can reside anywhere in Queensland. We have nine meetings each year – four face-to-face and five via Zoom. We ask that members of the management committee have some computer skills. Also, please remember that family members can nominate to be on this committee. Please think seriously about getting involved with this team to help, manage and implement many significant projects and activities. The offerings to our members, their families and friends continue to grow significantly and I certainly appreciate the contribution made by the members of the management committee.

Membership fees will remain the same this year. It is important to maintain membership for yourself and for the continued work of our association. The membership renewal form is on page 9 of this newsletter. You will note that some new categories of membership are listed. If you pay using direct deposit please email our treasurer at treasurer@mgaq.org.au advising that you deposited your renewal and the date it occurred.

I hope that you have enjoyed the awareness activities and that the cooler weather is being kind to your MG.

Regards, Carol

Myasthenia Gravis Association of Queensland Inc

P.O. Box 16 MT. GRAVATT QLD 4122

NATIONAL FREECALL: 1800 802 568

ABN 92 055 613 137

Email: info@mgaq.org.au

Internet: www.mgaq.org.au

COMMITTEE MEMBERS

President: CAROL BUCHANAN

Vice-President: SHARIN NISHA

Secretary: CRAIG STREATFEILD

Treasurer: DENISE HANNAY

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E: MGAQ.editor@gmail.com

PATRON: DR CECILIE LANDER AM Neurologist

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Queensland
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Active Members, **Stronger** Advocacy, **Better** Outcomes



MYASTHENIA ALLIANCE AUSTRALIA

MAA UPDATE

MG AWARENESS MONTH!

Wow, the MG community have truly done awareness month in great style this year! Well done to everyone around the country for making it a month to embrace.

MAA's AWH project has registered keen interest via website viewings and a record number of really fantastic donations. It will now culminate with bidding for all the items. Bidding closes June 28th. I do hope that everyone can visit the auction and consider the conversations that can be created.

<https://airauctioneer.com/art-with-heart-auction-2026-myasthenia-gravis>

Queensland has exploded with activities and colours. It has been incredible to see the "Shine a Light" campaign reach far and wide. Football events, banners, sign boards, marathon races and a family fun walk have reached out to so many people.

NSW hosted a Paralympian with MG! Richard Voris's story is very unique and interesting.

Please let the MAA know of the other activities that are happening across this vast continent by writing to info@mgaq.org.au.

Planning for the fifth National Conference is under way with registration to become available mid-July. Holidays to Brisbane are being planned already and we are keen to make everyone very welcome.

The third webinar in our patient series, which is hosted by UCB, has been completed and will soon be available for viewing via the website. Prof. Anneke van der Walt spoke with great care and deep understanding about the challenges patients face in determining how to assess their situation. She provided outlines for making decisions and for communicating effectively. She empowered people to know when and how to speak to their doctors.

We hope to create some new resources which will be added to the Patient Toolkit located on the website. News will be shared when these are available.

Remember - Together we are strong!

Warm regards

Susan White, MAA Chairperson

If you are not already registered with the Alliance please go to www.myastheniaalliance.org.au

BECOME INVOLVED - MAKE A DIFFERENCE

For membership payments and donations, the MGAQ account details are:

BSB: 124032 A/c: 10263772

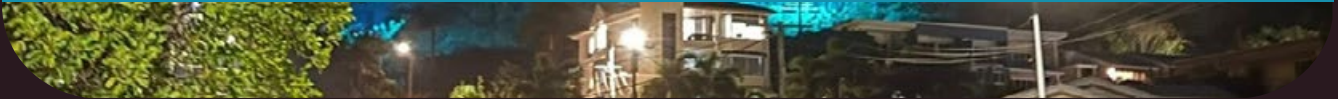
Ref: YOUR NAME

Your Association is your **VOICE** with Government.



JUNE

Myasthenia Gravis Awareness Month



Together, we made an impact!

Thank you to everyone who contributed to our awareness initiatives this month. Your support helped raise awareness, spark conversations, and shine a brighter light on Myasthenia Gravis. We couldn't have done it without you!



Active Members, **Stronger** Advocacy, **Better** Outcomes

Creativity *for* a Cause

ART WITH Heart

MYASTHENIA GRAVIS

AUCTION 
RAISING AWARENESS
SUPPORTING RESEARCH
& BETTER CARE

*INCREDIBLE ITEMS.
GREAT PRICES.
All for a
GREAT CAUSE!*

*Bid on
your favourite
and make a
difference!*

BIDDING IS OPEN NOW!

DON'T MISS OUT ON INCREDIBLE ITEMS!

 **BID NOW!**
PLACE YOUR BIDS
TODAY!

 SUPPORTING
PEOPLE LIVING
WITH MG

 TOGETHER,
we can
make a difference

**AUCTION CLOSES
MIDNIGHT**
SUNDAY 28 JUNE 2026 

Beautiful artwork. Unique gifts. Amazing bargains. **EVERY BID MAKES A DIFFERENCE.** 

This is your opportunity to [browse the collection](#), place your bids, and perhaps secure a special piece while supporting an important cause. Bids can be placed, monitored and updated right through until midnight on Saturday 28 June.

Will your favourite item be coming home with you?

If you haven't visited the auction yet, now is the perfect time. Please continue sharing the campaign with family, friends and colleagues, helping us extend the reach of MG awareness even further.

Every dollar raised helps MAA continue and expand its work. As a fully volunteer-run organisation with minimal overheads, funds raised directly support keeping the MG community connected, developing educational resources, strengthening advocacy efforts, and supporting a diverse range of research initiatives.

Together, we are creating awareness, building connections, and making a genuine difference.

Thank you for being part of it. View all of the auction items [HERE](#).

WELCOME TO OUR NEW MEMBERS

John,
Proserpine
QLD

Chris,
Eltham
VIC

Jonathan,
Edgeworth
NSW

Allison,
Mount Gravatt East
QLD

SUPPORT your Association by **VOLUNTEERING.**

CONVERSATION CONNECTION COMPANIONSHIP

The local Coffee and Chat is a safe space to share MG experiences with others.

Sunshine Coast - Wurtulla



Gold Coast - Southport



Brisbane - Mt Gravatt



Become **INVOLVED** - make a **DIFFERENCE** for yourself and others.

MEMBERS' FORUM

Please send in contributions to the Members' Forum – it provides an ideal opportunity for members to share their experiences or questions. It is YOUR Forum and shared experiences with fellow MG sufferers makes understanding the condition just that little bit easier. If you have a response or an issue to raise, please forward it via mail to

PO Box 16 MT GRAVATT 4122 or via email to info@mgaq.org.au

Issues and Responses are published in the Members' Forum as-is without any recommendation as to their suitability or accuracy. The opinions expressed are entirely those of the contributor. Care should be taken if following advice or suggestions presented and it is strongly recommended that the advice of your GP or Specialist is taken in all cases.

Remember, we cannot offer medical advice – this can only be offered by a registered Medical Practitioner.

Part 1: Where Have We Been?

by Kay and Michael on 11 April 2026

Indisposed actually. Let's bring you up to date, and ask Michael to tell the story as he remembers it.

So why am I here?

I've been diagnosed with Myasthenia Gravis.

In simple terms, it's an autoimmune condition where my immune system messes with the signals between my nerves and muscles.

The result is muscle weakness that comes and goes – the more I use muscles, the more they fade out. Rest helps initially, but it's a constant balancing act.

It can affect things most of us don't think about – breathing, swallowing, talking, eye movement – so it needs ongoing management.

The kicker is this. From October through to February, as the condition worsened, not one GP visit (and there was a lot), nor two hospital EDs diagnosed the issue.

I had a cataract operation in mid-February and as a result of the review a week later, finally the cataract surgeon connected the dots – he nailed it within minutes.

What's actually happening in my case is the signals from my nerves aren't getting through properly to my muscles. So they don't contract like they should.

That's why things like droopy eyelids, double vision, slurred speech, can't chew or swallow, and general weakness show up – and why they improve a little with rest. I'd start talking quite relaxed and then within a minute or so I was speaking like a drunken sailor.

Similarly with food, I'd start a meal and after a few chews and a hard time swallowing, I had to give up. Breathing became an issue and the only slight relief was Ventolin (psychosomatic?).

The big problem was getting diagnosed wasn't straightforward.

That diagnosis gave me just enough time for Kay to get me to the ED at SCGH and have that diagnosis largely confirmed.

I have no recollection of the first week or so (of nineteen days) in ICU.

Specialists (in the wrong discipline, ENT) recommended by my GP were quoting appointment times of 4 months away – frankly, I wouldn't have been here then.

My last proper meal before Sunday last was 7 January. Between then and being admitted, I was surviving on 300–600 ml of iced coffee a day and trying to swallow medication.

Since admission it's been tube city. Never without an NGT and a liquid diet of Fresubin (energy-based meal replacement – eight a day!). Until just over a week ago when I started on pureed foods as well.

On Friday I finally got to see the neuro team leader who reckons it's a remarkable turnaround so we're being discharged (with a ream of paperwork to adjust meds, future tests and inoculations and guidelines. On the same evening with none of the much-mooted long-term toxic infusions, starting with extra pills and crossing fingers and toes it all works long term.

Lost a shipload of weight and in need a new wardrobe that fits.

It's good to taste freedom for the first time in nearly 7 weeks.

The SCGH neurological team, physiotherapy, speech pathologists, occupational therapists and dietitians, I can't fault any of them. The care and commitment has been way beyond anything I would have anticipated in a teaching hospital.

SUPPORT your Association by **VOLUNTEERING**.

PUZZLES

Bamboozable

3. BLAME 4. BLAME	I right I	jack	PAYMENT	over over	B E D
G N I K C A B	Sleeping	QUARTER	COFFEE	twins twins	1. Way 2. Whey 3. Weigh

Sudoku

		6					7	5
7	2	4	5		1			6
			8		7		9	
	7		1			2		
4					2	6		7
	9	3	4		6		1	
5	1				8			
8			2		5	7	6	1
3					9	8		

Answers

Bamboozable 1 Answers: 1. No one to Blame; 2. Right between the eyes; 3. Jack in the Box; 4. Down Payment; 5. Left Overs; 6. Bedspread
Bamboozable 2 Answers: 1. Backing Up; 2. Sleeping at the Wheel; 3. Quarterback; 4. Coffee Break; 5. Identical Twins; 6. Count the Way

9	8	6	3	2	4	1	7	5
7	2	4	5	9	1	3	8	6
6	7	8	1	5	3	2	4	9
4	5	1	9	8	2	6	3	7
2	9	3	4	7	6	5	1	8
5	1	7	6	4	8	9	2	3
8	4	9	2	3	5	7	6	1
3	6	2	7	1	9	8	5	4

	+		-		1
-		+		+	
	x		-		29
-		x		-	
	x		-		-1
-10		9		1	

Try to fill in the missing numbers.
Use the numbers 1 through 9 to complete the equations.
Each number is only used once.
Each row is a math equation. Each column is a math equation.
Remember that multiplication and division are performed before addition and subtraction.
Answers below

-10		9		1	
8	x	1	-	9	-1
-		x		-	
2	x	1	-	9	59
-		+		+	
3	+	5	-	4	1

FREECALL 1800 802 568

Brisbane Anita 0414 588 312	BundabergDenise 0431 571 399
Gold Coast SouthportNader 0415 834 401	Mackay Kym 0410 616 165
Gold Coast Currumbin Julie 0423 766 321	Townsville Daphne 0400 778 637
Sunshine Coast Michael 0447 887 652	Cairns Donna 0414 397 462
ToowoombaJohn 0412 576 888	

COFFEE & CHAT ROUND-UP

- **Gold Coast - Currumbin**
Saturday 27th June at 10.30am,
Currumbin RSL Club, 165 Duringan St. Currumbin
- **Gold Coast – Southport**
Saturday 4th July at 10.00am, Southport Sharks Club,
Corner Olsen Ave & Musgrave Ave Southport
- **Sunshine Coast - Wurtulla**
Monday 6th July at 10.30am, Club Kawana,
476 Nicklin Way Wurtulla
- **Brisbane – Sunnybank Hills**
Thursday 9th July at 10.30am
Chatterbox Café, 661 Compton Road Sunnybank Hills
- **Townsville**
Saturday 22nd August at 12 noon, Cowboys Leagues Club,
313-335 Flinders St Townsville



JOIN THE MGAQ COMMITTEE

Volunteer Secretary Needed (Qld Based)

Are you organised and able to use technology? Technology support and equipment provided.

If you have a few hours to spare and want to contribute to a great cause, we would love to hear from you!

We meet monthly throughout the year except January, April, and October. This includes 5 x Zoom Meetings and 4 x In-person meetings held in Brisbane.

Please email info@mgaq.org.au with any questions or to request a copy of the Secretary Role Description.



Membership subscriptions for 2026/2027 financial year are now due.

CAT A. MYASTHENIA MEMBER

A person diagnosed with Myasthenia Gravis.

Please select one option:

- 1 Year Membership (\$20)
- 3 Year Membership (\$55)
- 5 Year Membership (\$90)
- 10 Year Membership (\$170)
- Perpetual Membership (\$250 one off)

CAT D. CARER MEMBER

A person who cares for a Myasthenia Member (this category must accompany **CAT A.** Membership).

Please select one option:

- Annual Carer Membership (\$10)
- Perpetual Carer Membership (\$125 one off)

CAT E. ASSOCIATE MEMBER

A person who supports the Association.

Please select one option:

- Annual Associate Membership (\$20)
- Perpetual Associate Membership (\$250 one off)

Note that the Financial Year for Membership is from 1 July to 30 June

Member Details

Family Name: _____ Given Name: _____

Postal Address: _____

_____ Post Code: _____

Email Address: _____

Mobile or Phone Number: _____

MEMBERSHIP RENEWAL INCLUDED: Total \$ _____

DONATION TO MGAQ: All donations received with appreciation \$ _____

If sending cash or cheque, please return this entire form to:

The Myasthenia Gravis Association of Queensland Inc.

PO Box 16 Mt Gravatt QLD 4122 or email treasurer@mgaq.org.au

To check your membership status, freecall 1800 802 568 or email treasurer@mgaq.org.au to enquire



ANNUAL GENERAL MEETING ELECTION OF OFFICE BEARERS

SUNDAY, SEPTEMBER 13, 2026

CALL FOR NOMINATIONS FOR THE MANAGEMENT COMMITTEE 2026/2027

Eleven places are available for Committee nomination as MGAQ expands its range of projects. We warmly welcome dedicated volunteers to nominate.

We encourage nominations from all over Queensland. Financial members living with Myasthenia Gravis, their family members, carers, or supporters can nominate themselves.

What is the Commitment?

Meetings: Nine meetings per year on the second Saturday of the month (excluding January, April and October). This includes five virtual meetings via Zoom and four in-person meetings in Brisbane. The meetings are from 8.30am to 12.00 noon approximately.

Technology: Nominees must be comfortable using technology for regular communication to stay informed on key issues. Technological equipment and ongoing technical support will be provided by the association.

To discuss the roles, responsibilities, or time commitments in greater detail, please contact Susan on **Free-call 1800 802 568**.

Completed nomination forms must be received by email at info@mgaq.org.au by the close of business on **Monday, 3 August, 2026**.

Should there be no nomination for a particular position, nominations will be called at the AGM to be held on Sunday, September 13, 2026.

Nominee (*Print name*):..... Ph:.....

Nomination Accepted (*Signature*):

(*Circle position of interest*) **President** **Vice-President** **Secretary** **Treasurer** **Committee Member**

Nomination (above) Seconded by (1).....

(2).....

Additional Nomination Forms available on request.

Members may be interested in offering support, but would prefer to nominate themselves for special project work rather than taking a Committee position. If this is preferred, provide your name, best contact details, and a little about the skills you can offer to the Association.

Name:.....Skills Offered:

.....

.....Best Contact:.....

SUPPORT your Association by **VOLUNTEERING**.