

A black and white photograph of a hand holding a smartphone, positioned in the upper right corner of the page, partially overlapping the pink header and the yellow background.

# CONTROLLING MMN

## MULTIFOCAL MOTOR NEUROPATHY

You can rein in MMN.

Your doctor can help you set and achieve your goals.

A black and white photograph of two men taking a selfie. The man on the left is bald and smiling broadly, showing his teeth. The man on the right is wearing a flat cap and also smiling. They are both holding a smartphone together to take the photo. The background is slightly blurred, showing what appears to be an outdoor setting with some foliage.

# SET YOUR GOALS

**There's good news** that comes with an MMN diagnosis. It's treatable. While there is no cure, a treatment plan can help you manage your disease and symptoms.

Let's learn about how to work with your doctor to set and help achieve your MMN management goals.

## How to start the discussion with your doctor

Before jumping into treatment options, it's helpful to discuss with your doctor what you want to get out of your MMN treatment plan. Some questions you can ask include:

- > What are the treatment goals?
- > What are the recommended treatments?
- > How often will I need treatments?
- > Where can I receive treatments?

The answers to these questions can then help you and your doctor create a treatment plan.

## How to share in the decision making

Although your doctor is the expert regarding disease and treatment, you know what matters most to you and your life. By talking and planning with your doctor, you can work together to develop the best treatment approach for you.

## Identifying goals of MMN management

Here are some of the many possible goals you and your doctor can set.

- > **Slowing the advance of MMN symptoms**
- > **Recovering muscle strength**
- > **Regaining the ability to do everyday activities**
- > **Finding what works best over the long term**

**YOUR STORY IS UNIQUE, SO YOUR GOALS SHOULD BE TOO. DISCUSS WITH YOUR DOCTOR WHICH GOALS BEST FIT YOUR LIFESTYLE.**

# WEIGH YOUR OPTIONS

**Once you've agreed on your goals,** your doctor will present you with management options to address those goals.



## TREATING MMN

When it comes to treating MMN, you have a number of approaches. These may include medication, physical therapy, modifications to diet and exercise, or others.

It's important for you to understand why your doctor has decided on your specific treatment plan. Plus, your doctor should always consider your personal goals and preferences when making a treatment plan.

If you and your doctor decide medication is right for you, the most common option for people with MMN is immunoglobulin (Ig) therapy. It is also known as IVIg, since it is usually given into a vein, or intravenously (IV).

The term Ig means antibodies, like the ones you have in your immune system to fight infections. However, with MMN, your body's immune system may mistakenly attack your motor nerves. Ig therapy infuses a specific type of antibody into your body to support a healthy immune system.

## Finding the right MMN management approach

To understand the implications of the various management options, you should talk to your doctor about each one. Some questions to ask about each approach include:

- > What are the benefits?
- > What are the risks?
- > How often will I need to receive it?
- > Where would I go to receive it?
- > How will it fit into my lifestyle?
- > How will it address my short-term goals?
- > How will it address my long-term goals?

**THERE ARE A NUMBER OF WAYS TO  
MANAGE MMN. YOU AND YOUR DOCTOR  
WILL DECIDE WHICH APPROACH IS  
RIGHT FOR YOU.**



# SET YOURSELF UP FOR SUCCESS

Once you've considered your options, get started in managing your MMN.



## Consider each factor



### Your doctor's recommendation

Your doctor will likely have a preferred approach to your MMN management, based on experience and your particular situation. This should always be an important factor in your decision.



### Your management goals

Manage your MMN by staying focused on both your short- and long-term goals.

**CONTINUE TO DISCUSS YOUR TREATMENT GOALS AND SYMPTOMS WITH YOUR DOCTOR. IT IS COMMON FOR MMN TREATMENT PLANS TO NEED ADJUSTMENTS OVER TIME.**

## Starting out right

To get the most out of your treatment, establishing and maintaining regular lines of communication with your care team is critical. The team will likely consist of your primary care physician and neurologist, and may also include people like an infusion nurse or specialty pharmacist.

### Things to have on hand for discussions

- > Your medical history
- > Your insurance information
- > Other care team members' contact information

### Things your care team may ask

- > How you are tolerating treatment
- > How your symptoms are affecting you
- > How long you've had symptoms
- > Where you are most comfortable receiving treatment
- > How best and how often to contact you

### Things you may want to ask them

- > Who will I be talking to regularly?
- > How often will you be checking in on me?
- > Are there any patient assistance programs available?
- > When should I call you versus someone else on my care team?

Don't be shy about asking for assistance or information at any time. They are there to help you and ensure you get the best care possible.



# TAKE THE NEXT STEP

**You're now ready** to work with your doctor to find the best solution for you.

## Three things to remember

- > MMN is treatable
- > There are a number of treatment approaches available
- > MMN treatment plans should focus on both short- and long-term goals

## DISCUSS WITH YOUR DOCTOR WHICH PLAN IS BEST FOR YOU

**Learn more about MMN in the other brochures in this series**

- > Diagnosis of MMN
- > Maintenance of MMN