



Myasthenia Gravis Association of Queensland Inc.

MessaGes

AUGUST
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 AUGUST 2026

**Our Annual General Meeting is on
Sunday, 13 September.**

Doors open at 10.00am for 10.30am start.

**The venue is Aspley Hornets Football Club,
Graham Road Carseldine.**

**This will be followed by
Conversation, Connection & Companionship.**

We hope to see as many people as possible who can attend. After the formalities of the AGM we will be sharing **exciting News and Events** that have happened this year. We encourage everyone to stay for lunch and join the **Conversation, Connection and Companionship** with friends, both familiar and new. Anyone who is attending the AGM should register prior to the event. **Please either phone 1800 802 568 or email info@mgaq.org.au before 11 September.**

The agenda for the AGM is on page 3 of this newsletter. Should you require a proxy vote, please contact the freecall number 1800 802 568 and request same. I am pleased to say that nominations for all executive positions have been received.

Prior to our AGM four members of our committee will meet with officials from the Community Funding Branch of Queensland Health. For our funding to continue we must show the Member Welfare, Advocacy, Research and Awareness strategies

undertaken over the previous twelve months. It is also an opportunity to show the many resources we produce for our members, carers and the MG community.

"The Effect of Heat and Humidity on People Living with Myasthenia Gravis" research is going well with the team making significant progress. The Journal article has been submitted for publication. The data collected from the many people who responded to the survey is very strong in relation to providing evidence about how people with MG are affected by heat and humidity.

Many thanks to those who have renewed their membership. The membership money covers the three association insurances, management committee meetings, printing and distributing newsletters, the 1800 number, website upgrades, information packs, stationery etc so that the committee can function effectively.

Please note the **MAA Patient Toolkit** on page 2 of this newsletter. This toolkit provides strategies to help people with MG to live well and outlines information about communicating with medical professionals.

I hope that the cooler weather has resulted in better control of your MG. The Management Committee is looking forward to catching up at the AGM.

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

E: treasurer@mgaq.org.au

ANITA JACKSON

DONNA FORMOSA

ROSALYN HOLLAND

SUSAN WHITE

LISA WRIGHT

JULIE VON GRUM

Newsletter Editor: GREG BREADEN

E: MGAQ.editor@gmail.com

PATRON: DR CECILIE LANDER AM Neurologist

Supported by



Queensland
Government

Ausenco

Active Members, Stronger Advocacy, Better Outcomes



MYASTHENIA ALLIANCE AUSTRALIA

MAA UPDATE

Oh gosh ... so much has been on offer for our patient community throughout the past six weeks. It has been exciting and hopefully of assistance to patients, family and carers in a variety of ways.

Most exciting is that you can now register for the 5th National Conference and it is here in beautiful Brisbane on October 31st. Such a lovely time to visit this city and the programme promises to make for a very interesting day. I do hope that patients and family will seriously consider attending this event. It is only the second time that it has been hosted in Brisbane and previously Queenslanders came out in strength!

<https://myastheniaalliance.org.au/national-patient-conference-2026-registrations-open/>

The **"Patient Toolkit"** tab on the MAA website is prominently shown in a green box at the top right hand corner of the home page. It is **FULL of important patient information**. Please take a look and ensure that you are well informed and ready to achieve your best health outcomes. <https://myastheniaalliance.org.au/patient-tool-kit/>

Over the next weeks MAA will be focused more heavily on our connection with government and research, and also on our international connections. Natalie Windle, MAA Secretary, has been invited to speak at an International Convention to be hosted in Spain. We are immensely proud that Natalie has been selected to discuss the work that is happening here in Australia.

If you have been offered one of the new treatments and are ready to provide some feedback, the MAA team are keen to know how things are progressing for you. Do drop us a note at info@mgaq.org.au.

All the best until next month!

Kind regards

Susan White, MAA Chairperson

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

Myasthenia Alliance Australia

PATIENT TOOLKIT

Trusted resources to help you understand and manage life with myasthenia gravis.

- Practical tools
- Educational resources
- Support for every step of your MG journey

All in one place, whenever you need it

Explore the Patient Toolkit today
New resources added regularly

Myasthenia Alliance Australia

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

MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND INC.

Your Annual General Meeting

Sunday 13 September 2026

10am for 10:30am Start

Hornets Football Club, Graham Rd, Carseldine

AGENDA

Lunch is available at the venue with a varied and reasonably priced menu.

Tea and coffee will be available prior to the meeting.

The meeting will be followed by Conversation Connection Companionship

Everyone Welcome – RSVP is required.

Ring our FREECALL 1800 802 568 by Friday 11 September 2025

OPENING

APOLOGIES

CONFIRMATION OF QUORUM MINUTES OF THE PREVIOUS AGM – Held at Aspley Hornets Football Club, Graham Road Carseldine on 14 September 2025.

ORDINARY BUSINESS

Financial Statements and Reports

To receive the President's Annual Report and Treasurer's Annual Report for the year ended 30 June 2026.

To consider and adopt the MGAQ's Financial Statement for the year ended 30 June 2026.

Resolution 1

Election of Carol Buchanan to the management committee in the office of President.

Election of Sharin Nisha to the management committee in the office of Vice President.

Election of Denise Hannay to the management committee in the office of Treasurer.

To consider and, if in favour, pass an ordinary resolution for the **re-election of Susan White, Lisa Wright, Donna Formosa, Rosalyn Holland, Craig Streatfeild** as members of the management committee.

To consider and, if in favour, **pass a resolution for the election of Leilani Kami and Jeff Reibel** as members of the management committee.

Resolution 2

Election of Julie Von Grum to the management committee in the office of Secretary.

GENERAL BUSINESS

Notice of Motion – Bank Authority: That the signatories for the Bank of Queensland accounts will be the President, Vice President, Treasurer and Committee Member Susan White.

Notice of Motion – Annual Operational Plan: That the membership accepts the Annual Operational Plan (AOP) as presented.

Notice of Motion – That the membership fees remain the same for 2026/2027.



**RSVP to this in-person event:
MGAQ Information Officer
1800 802 568**

SUPPORT your Association by **VOLUNTEERING.**

CONVERSATION CONNECTION COMPANIONSHIP

Your Annual General Meeting

Sunday 13th September 10.00am for 10.30am start
Aspley Hornets Football Club, 50 Graham Rd, Carseldine
RSVP: Phone Susan on 1800 802 568

The Annual General Meeting is a wonderful opportunity for our members to gather in person for **Conversation, Connection and Companionship**. After the formalities, MGAQ will **showcase** the success of our **diverse** June Awareness Month activities and **outline** the range of helpful resources available via the MAA Patient Toolkit. All content aimed at making your journey with MG just that little bit easier!

Meet your Committee | Ask questions | Connect with people who understand

SOUTHPORT



TOOWOOMBA



MOUNT PLEASANT, WA

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

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

PUZZLES

BAMBOOZABLE 1

$\frac{\text{STAND}}{\text{icu}}$	$\frac{\text{YOUR MIND}}{\text{DID IT}}$	AALLLL
$\frac{\text{house}}{\text{PRAIRIE}}$	sentenc_	1. DRACULA 2. DRACULA 3. DRACULA

Bamboozable 1 Answer: I see you understand; Did it cross your mind? All in all; Little house on the prairie; Incomplete sentence; Count Dracula.

BAMBOOZABLE 2

Think IT Think	$\frac{\text{WALK}}{\text{H}_2\text{O}}$	VAD ERS
$\frac{\text{Mind}}{\text{ur}}$ $\frac{\text{Mind}}{\text{ur}}$ $\frac{\text{Mind}}{\text{ur}}$	$\frac{\text{KEEP}}{\text{smiling}}$	$\frac{\text{IT}}{+ \text{IT}}$ $\frac{\quad}{?}$

Bamboozable 2 Answer: Think twice about it; Walk on water; Space invaders; You are always on my mind; Keep on smiling; It doesn't add up.

SUDOKU

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

WORD CHANGE

rough
poach

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

Word Change Answer: rough, cough, couch, pouch, poach

TIPS & TRICKS

to better handle

MYASTHENIA GRAVIS



Practical tips
Better days
Stronger you

Carry a travel cutlery box with a teaspoon and a good straw

When my swallow is not functioning well using a teaspoon helps me keep the portions I put into my mouth small and easier to manage. I also find the small cardboard straws difficult and having a sturdy straw that allows me to drink my drink slowly without dissolving is also a must. I also chose cute and whimsical cutlery because even if it is a medical aid it can still be funky/cute.

Anna



WHAT WORKS FOR YOU?

Share your best Tips & Tricks and a photo for making life with MG easier.
Email info@mgaq.org.au to feature your ideas in this section

TIPS & TRICKS

to better handle

MYASTHENIA GRAVIS



• Practical tips • Better days
• Stronger you

Wheels on everything!

To save my strength and reduce muscle fatigue I use wheels on everything I can. I take my rubbish (in the bin) to the outside bin on a trolley. I have a heavy duty wheeled trolley for my groceries. I don't have a coffee table but instead I have a number of wheeled towers in my living room that have my notebooks/craft/medical stuff/technology etc in them and just wheel over the one that has what I want in it.

Anna



✓ Manage symptoms

👤 Save energy

♥ Stay strong

Issues and Responses are published in the What Works for You 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.

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

CONNECT WITH MGAQ



Freecall 1800 802 568



Email info@mgaq.org.au



Website www.mgaq.org.au



Instagram myastheniaqueensland



Facebook Myasthenia Gravis Association of Queensland Inc.



LinkedIn Myasthenia Gravis Association of Queensland Inc.



MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND



**Myasthenia
Alliance Australia**

MAA 5TH NATIONAL PATIENT CONFERENCE



SATURDAY
OCTOBER 31, 2026



BRISBANE
RYDGES SOUTH BANK



WELCOME TO THE 2026 MYASTHENIA ALLIANCE AUSTRALIA (MAA) NATIONAL PATIENT CONFERENCE SITE

We invite you to register to attend the 2026 MAA Conference.

MEETING DETAILS

DATE/TIME: Saturday 31, October 2026
9.00am - 4.30pm
VENUE: Rydges Hotel, Southbank Brisbane
ADDRESS: 9 Glenelg Street, South Brisbane
REGISTRATION FEE: \$90.00 Inclusive of GST

IMPORTANT INFORMATION FOR PAYMENT OF REGISTRATION FEE

Payment is to be made via direct deposit to:

ACCOUNT NAME: Myasthenia Gravis Association of Queensland, Inc
BSB: 124032 **ACCOUNT:** 10263772

• Amount Payable is in AUD (Australian Dollars)

IMPORTANT: PLEASE CLEARLY MARK REFERENCE DETAILS:
YOUR SURNAME – 26MAA

Please click <https://meetings.medkom.com.au/maa2026/registernowmaa/> to **REGISTER NOW**

FURTHER ENQUIRIES: For questions, please contact the Organising Secretariat at: admin@medkom.com.au

Active Members, Stronger Advocacy, Better Outcomes

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
Toowoomba John 0412 576 888	

COFFEE & CHAT ROUND-UP



- **Sunshine Coast – Peregrine Springs**
Saturday, 15th August at 10.30am, Peregrine Springs Golf Club,
95 Peregrine Springs Drive, Peregrine Springs
- **Townsville**
Saturday, 22nd August at 12 noon, Cowboys Leagues Club,
313-335 Flinders Street, Townsville
- **Moreton Bay - Sandstone Point**
Saturday 22nd August at 10.30am, Sandstone Point Hotel,
Bribie Island Road, Sandstone Point
- **Gold Coast - Currumbin**
Saturday, 29th August at 10.30am, Currumbin RSL Club, 165 Durlingham Street, Currumbin
- **Mackay**
Saturday, 5th September at 10.30am, Coffee Club On the River, Matsuura Drive, Mackay
- **Sunshine Coast – Wurtulla**
Monday, 7th September at 10.30am, Club Kawana, 476 Nicklin Way, Wurtulla
- **Gold Coast - Southport**
Saturday, 12th September at 10.00am, Southport Sharks Club,
Cnr Olsen & Musgrave Avenue, Southport
- **Toowoomba**
Saturday, 17th October at 11.00am, Picnic Point Café, 164 Tourist Road, Toowoomba

WHAT'S COMING UP

What's On?	When Is It?	Where Is It?
Conversation, Connection, Companionship MGAQ AGM	Sunday, 13th September 2026 Doors open at 10.00am for 10.30am Start	Aspley Hornets Football Club 50 Graham Road, Carseldine
MAA Patient Conference	Saturday, 31st October	South Brisbane
MGAQ Christmas Function	Sunday, 15th November	Sunshine Coast

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