

Could Multifocal Motor Neuropathy (MMN) be the correct diagnosis for you?

MMN is a rare disease that causes muscle weakness and can worsen over time. While this checklist isn't intended as a diagnosis tool, it can help you have meaningful conversations with your doctor. Once diagnosed, there are steps you can take together to help manage MMN.

Check your symptoms:

Review the symptoms listed below and check the appropriate boxes. Keep this checklist on hand to discuss with your medical team.

- Weakness in my hands or feet, leading to a loss of muscle mass Yes No

- Muscle cramping, spasms, and/or twitching Yes No

- My symptoms are worse on one side of my body (this is called "asymmetrical") Yes No

- My symptoms involve numbness, tingling or pain Yes No

- My symptoms affect my ability to perform everyday tasks. Yes No

I have difficulty with:

- Using zippers and buttons Yes No

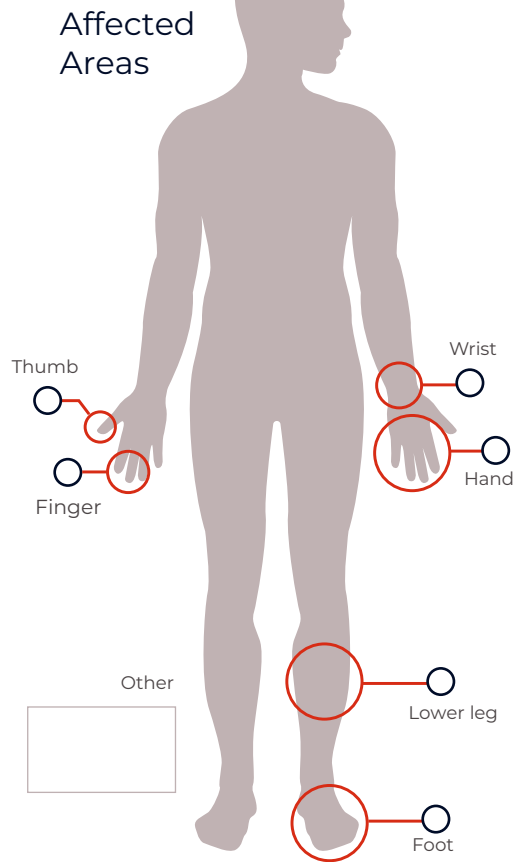
- Putting on my shoes Yes No

- Tying a bow Yes No

- Washing or brushing my hair Yes No

- Gripping utensils to eat Yes No

- Lifting my foot Yes No



Be sure to talk with your healthcare provider if you recognize any of these signs or symptoms.

Notes: _____
