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. Affected Areas Weakness in my hands or feet, leading to a loss () Yes () No of muscle mass Muscle cramping, spasms, and/or twitching Yes No My symptoms are worse on one side of my body Yes) No (this is called "asymmetrical") My symptoms involve numbness, tingling or pain Yes) No Wrist Thumb My symptoms affect my ability to perform \bigcirc () Yes () No everyday tasks. Hand I have difficulty with: Finger Using zippers and buttons No No () Yes Putting on my shoes Yes 🔿 No 🔿 No Tying a bow () Yes Other \bigcirc Lower leg Washing or brushing my hair () Yes () No Gripping utensils to eat Yes No No Lifting my foot () Yes 🔿 No

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

Notes:

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