



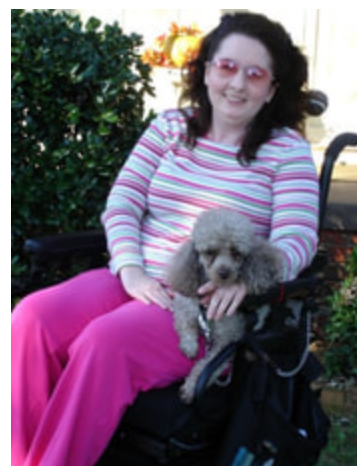
Welcome Kit

Introduction

This document, produced by Breathe with MD, Inc., includes links to introductory information and resources that may assist in your journey with breathing muscle weakness in Neuromuscular Disease (NMD). If you are looking for something that is not listed within this document, please contact us at Info@Breathewithmd.org.

About Breathe with MD, Inc.

Breathe with MD, Inc. is a United States (US) registered 501(c)(3) nonprofit public charity founded in memory of Cheryl Lewis who died from inappropriate medical interventions for Muscular Dystrophy (MD) related respiratory failure in 2007. Many individuals living with Neuromuscular Disease (NMD) throughout the United States of America (USA) and beyond find themselves receiving inappropriate, sub-optimal, and even life-threatening care from clinicians unfamiliar with the appropriate interventions and management for breathing muscle weakness. Our organization exists to help prevent outcomes like Cheryl's. We do this with no paid staff, operate virtually, and administer all of our programs with the assistance of volunteers.



Our primary goal is to educate and raise awareness about breathing muscle weakness in NMD. We help those who live with NMD and their loved ones recognize symptoms and understand intervention options, equipping them to be advocates for their own appropriate respiratory care.

Website

Our website is BreatheWithMD.org. Visit it to learn about [common symptoms](#) of weakened breathing muscles, [respiratory failure](#), the clinical [evaluation](#) process, special considerations regarding [surgery and procedures requiring anesthesia](#), [assisted ventilation](#), [cough](#), [Oxygen caution](#) information, and much more. While there, be sure to submit the pop up form to subscribe to our monthly email updates that include breathing muscle weakness related news, tips, and more.

Public Social Media

Access our social media platforms by selecting the links below.

[Facebook](#)

[Instagram](#)

[Bluesky](#)

[YouTube](#)

Online Support Group

Individuals living with NMD and/or their loved ones are welcome to join our popular **private** online peer support group on Facebook. It has more than 2,300 members.

About the Group

- Posts in the group are only seen by the group's members.
- Posts in the group cannot be shared outside of the group.
- Group members are able to post and comment anonymously.
- Group members must live with a known or strongly suspected NMD or have a loved one who does.
- Clinicians are not allowed in the group, unless they personally live with an NMD or have a loved one who does.
- Join the group at this link: [Breathe with MD Support Group](#).

Note: Be sure to answer all three membership questions and also agree to the group rules.



Disclaimer: Do not use this document as a substitute for medical care. Seek medical care for breathing muscle weakness from a licensed medical professional who specializes in Neuromuscular breathing weakness.

Programs

Respiratory Supplies Distribution

This program provides free, consumable respiratory supplies from our existing inventory of donated consumable respiratory supplies to those living with NMD in the US who are in need. Learn more here: <https://breathewithmd.org/freesuppliesprogram.html>

Pulse Oximeters

This program provides a free fingertip pulse oximeter to those living with NMD in the US who are in need. Learn more here: <https://breathewithmd.org/freepulseoximeters.html>

Education Program - Online Course

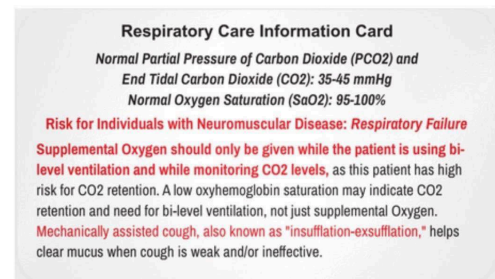
Learn about our third annual “Breathing Muscle Weakness 101” online course, open from April 25-December 31, 2026 here: <https://breathewithmd.org/education.html>. The course will continue to enroll participants, those living with a known or strongly suspected NMD and their loved one until December 17, 2026, two weeks before the course’s closure. Enroll here: <https://forms.gle/LAYNMFYTBJAwpSEZ6>

Other Resources

Respiratory Care Information Card

Those who reside within the United States (US), Canada, the United Kingdom (UK), South Africa, India, Australia, France, Netherlands, Ireland, Germany, Sweden, Iceland, Philippines, or New Zealand may order 1, 2, or 3 of the cards for FREE. Learn more about the card here:

<https://breathewithmd.org/respiratoryinfocard.html>



FRONT OF CARD

Clinical Considerations Form

Learn more about and download our concise form that is to be shared by the individual to a clinician in the spirit of positive collaboration by accessing this page:

<https://breathewithmd.org/clinicalconsiderationsform.html>

Informational Sheets

The following informational sheets provide additional information on breathing muscle weakness related topics. Look for this section of our welcome kit to evolve over time as we add additional sheets.

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Sheet Name	Link for Access
CPAP Clarification and Advocacy Sheet	https://docs.google.com/document/d/1n71fi7qCGJT7zcTlxRJGyZexNCO3lOK7_JBaHxfjjWg/edit?usp=sharing
Neuromuscular Mechanical Ventilation Settings Basics	https://docs.google.com/document/d/1OvVuqiWEq3Xlwz_1CETNUEiGZQTSof2B9yVqihOgKlQ/edit?usp=sharing
My Mechanical Ventilation Details	https://docs.google.com/document/d/1vFOkf7_cmGAtF1vTmyYYn9ZA7BUBIKeeSyu_TWthJ0o/edit?usp=sharing
Respiratory Supplies Cleaning and Replacement Guidelines	https://docs.google.com/document/d/10wDVYve_3qsv3hilv4aVssU8gDR3tKi0lkDH7lUf0fE/edit?usp=sharing

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