Patient Empowerment Network

5 Things to know about

Navigating MDS care

Learning about myelodysplastic syndromes (MDS) can help you feel more informed and involved in your care. Understanding your diagnosis, managing side effects, and working closely with your healthcare team can help you feel more confident during your cancer journey. Here are five things to know:

1 Understand your MDS diagnosis

MDS is a group of blood cancers that affects how healthy blood cells are made. Ask your healthcare team questions about your type of MDS, test results, and what they may mean for your treatment plan.



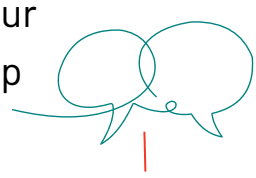
2 Learn about your treatment options

Treatment options for MDS may include supportive care, medicines, blood transfusions, clinical trials, or stem cell transplant. Understanding your options can help you take part in treatment decisions.



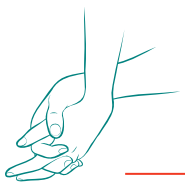
3 Manage side effects early

Symptoms and side effects like tiredness, infections, bruising, or shortness of breath can affect daily life. Let your healthcare team know about changes early so they can help manage them.



4 Stay organized during care

Keeping track of appointments, medicines, symptoms, and questions can help you feel more prepared during visits. Bringing notes or a care partner to appointments may also help.



5 Work together with your healthcare team

You are an important part of your care team. Asking questions, sharing concerns, and talking openly about your goals can help your healthcare team better support your needs.

