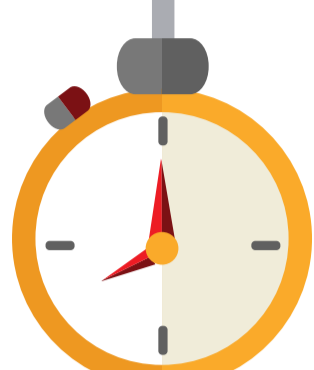


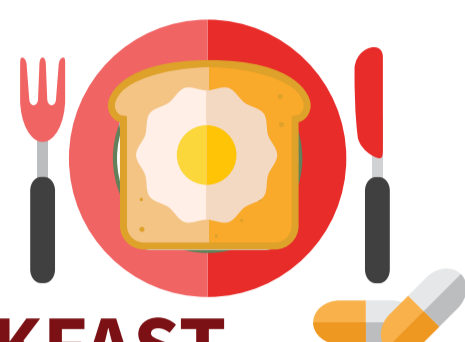


# MYELOYDYSPLASTIC SYNDROMES: A CAREGIVER'S PERSPECTIVE

Myelodysplastic syndromes (MDS) are a rare group of blood cancers that are most common after the age of 65.<sup>1,2</sup> In the United States about 13,000 new cases of MDS occur each year.<sup>3</sup> My husband was diagnosed with MDS two years ago, and I care for him every day.



## 8AM: BREAKFAST



We like to take a few minutes each morning to talk about medications for the day, making sure to address pain management if needed.<sup>4</sup>

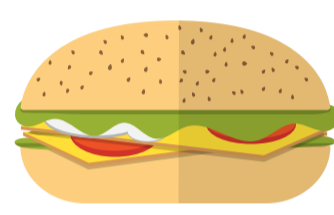


## 10AM: DOCTOR'S VISIT

My husband has his bi-weekly blood transfusion today.<sup>5,6,7</sup> Supportive care is an integral part of managing his symptoms.<sup>6,7</sup>



## 12PM: TIME TO RE-FUEL

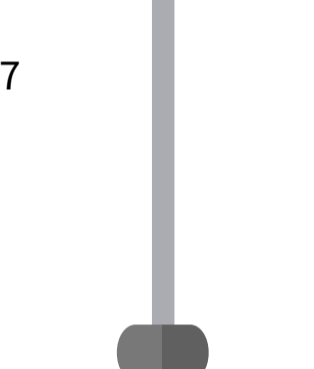


We have a healthy mix of whole grains, protein and vegetables for lunch.<sup>8,9</sup>



## 2PM: NAPTIME

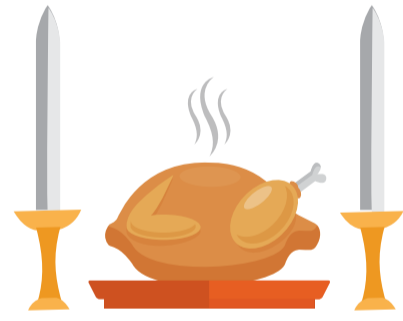
He takes a 30-60 minute nap, as he easily becomes very fatigued.<sup>6,7</sup>



## 4PM: AFTERNOON TIMEOUT

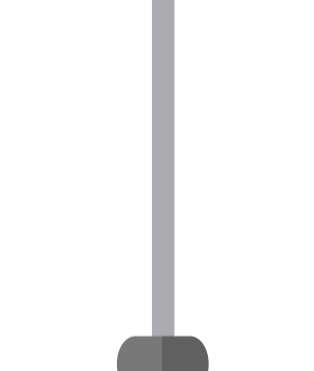


I take a walk with a friend. It is important for me to take a break and ask others for help sometimes.<sup>8</sup>



## 5PM: DINNER DATE NIGHT

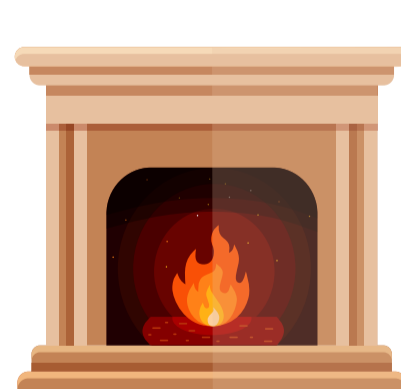
We eat dinner early since my husband goes to bed earlier these days.<sup>6</sup>



## 7PM: PRE-BEDTIME STROLL

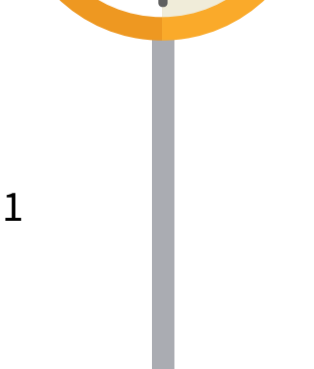
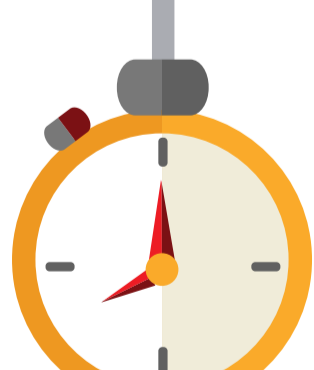


Light exercise helps him sleep better.<sup>10</sup>

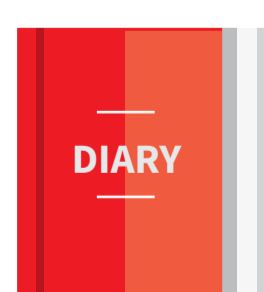


## 8PM: MAKE A FIRE

My husband has become more sensitive to changes in temperature, especially when his iron levels are low, causing him to feel cold and lethargic.<sup>6,11</sup>



## 9PM: DEAR DIARY



Every night I write notes cataloging our day so we can refer to them during doctors' visits.<sup>4</sup>

This is an example of a day in the life of a person caring for a loved one living with myelodysplastic syndrome. The caregiver and patient perspectives may vary.

The Blood Cancer Community is bound together by blood to reach one common goal: to improve the lives of people impacted by blood cancer. Continued collaboration of patients, caregivers, healthcare providers, advocates, academics and researchers is critical to fulfilling this goal.

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