



## Planning treatment for MDS-related anemia

Treatment for myelodysplastic syndrome-related anemia (MDS-related anemia) depends on what type of MDS you have, your general health, your age, what you want for the future, and your risk of MDS becoming acute myeloid leukemia (AML).



MDS type



General health,  
age, and choices



Risk of MDS  
becoming AML

Low

Medium

High

## How is MDS-related anemia treated?

The main treatments for MDS are designed to reduce your symptoms, slow down or prevent the development of AML, and help you live longer. Treatment options may include:



Blood transfusions



ESAs  
(Epoetin alfa, darbepoetin)



G-CSF  
(Filgrastim)



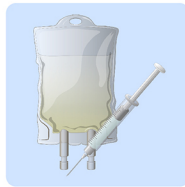
Lenalidomide



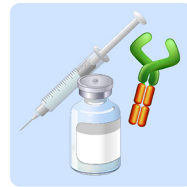
TPO agonists  
(Romiplostim, eltrombopag)



Azacitidine and  
decitabine



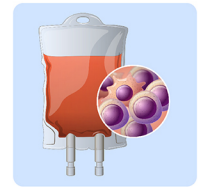
Chemotherapy  
(Cytarabine, daunorubicin)



Luspatercept



Targeted agents  
(Venetoclax, glasdegib,  
roxadustat)



Stem cell transplant

## What is transfusion-dependent anemia?



Frequent  
transfusions



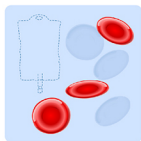
Transfusion-  
dependent anemia

If you need transfusions more and more often to keep enough red cells in your bloodstream, you might have **transfusion-dependent anemia**.

## What is transfusion-independent anemia?



Infrequent  
transfusions



Transfusion-  
independent anemia

If you do not need transfusions very often or at all, your anemia might be **transfusion-independent**. You might still have a low red cell count but you do not need frequent transfusions.

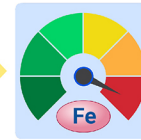
## More about blood transfusions: Iron overload

Blood transfusions do not work well for everyone. Frequent transfusions can cause extra iron to build up in your body, called **iron overload**.

If too much iron builds up, you might need **chelation** to remove the extra iron.



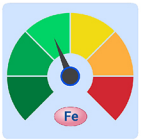
Frequent blood  
cell transfusions



Iron overload



Chelation  
(treatment to  
remove extra iron)



Removal of  
extra iron

For more information about MDS, visit:

[www.YouAndMDS.com](http://www.YouAndMDS.com)



Developed by the Myelodysplastic Syndromes Foundation, Inc. and Mechanisms in Medicine Inc.

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### References:

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2. National Cancer Institute: Myelodysplastic Syndromes Treatment (PDQ®)—Patient Version. Available at: <https://www.cancer.gov/types/myeloproliferative/patient/myelodysplastic-treatment-pdq>
3. American Cancer Society: Supportive Therapy for Myelodysplastic Syndromes. Available at: <https://www.cancer.org/cancer/myelodysplastic-syndrome/treating/supportive-therapy.html>
4. The Myelodysplastic Syndromes Foundation, Inc. and Mechanisms in Medicine Inc.: You And MDS: An Animated Patient's Guide to Myelodysplastic Syndromes. Available at: [www.YouAndMDS.com](http://www.YouAndMDS.com)