

What are Myelodysplastic Syndromes (MDS)?

MDS are a rare group of bone marrow failure disorders in which the **bone marrow does not produce enough healthy, normal blood cells**. Doctors consider MDS a form of blood cancer. It can turn into leukemia if it gets worse.

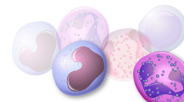
Healthy bone marrow contains **stem cells** that develop into different kinds of blood cells (**platelets, white blood cells, and red blood cells**).

In MDS, the **stem cells are abnormal and make low numbers of blood cells or defective ones**. This results in your body having too few healthy, mature blood cells to function well.

Low platelets
(Thrombocytopenia)



Low white blood cells
(Neutropenia)



Low red blood cells
(Anemia)



Risk factors

Certain factors can increase the risk for MDS. Risk factors may include:



Older age
(60+ years)



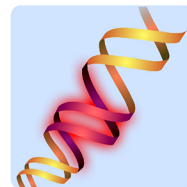
Previous radiation
or chemotherapy



Exposure to
certain chemicals



Smoking



Certain inherited
abnormal genes

80% of people with MDS
have anemia at some point



Symptoms

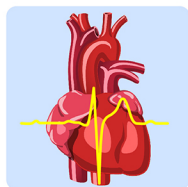
The symptoms of MDS vary from person to person and depend on which blood cells are low. Some people have no symptoms when they are diagnosed with MDS. Symptoms may include:



Fatigue



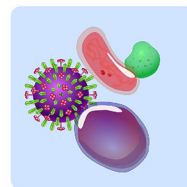
Shortness
of breath



Heart skipping
beats



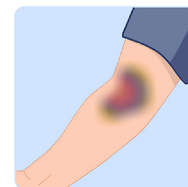
Fever



Persistent
infections



Bleeding



Bruising easily

For more information about MDS, visit:

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. The Myelodysplastic Syndromes Foundation, Inc. What is MDS? Available at: <https://www.mds-foundation.org/what-is-mds/>
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