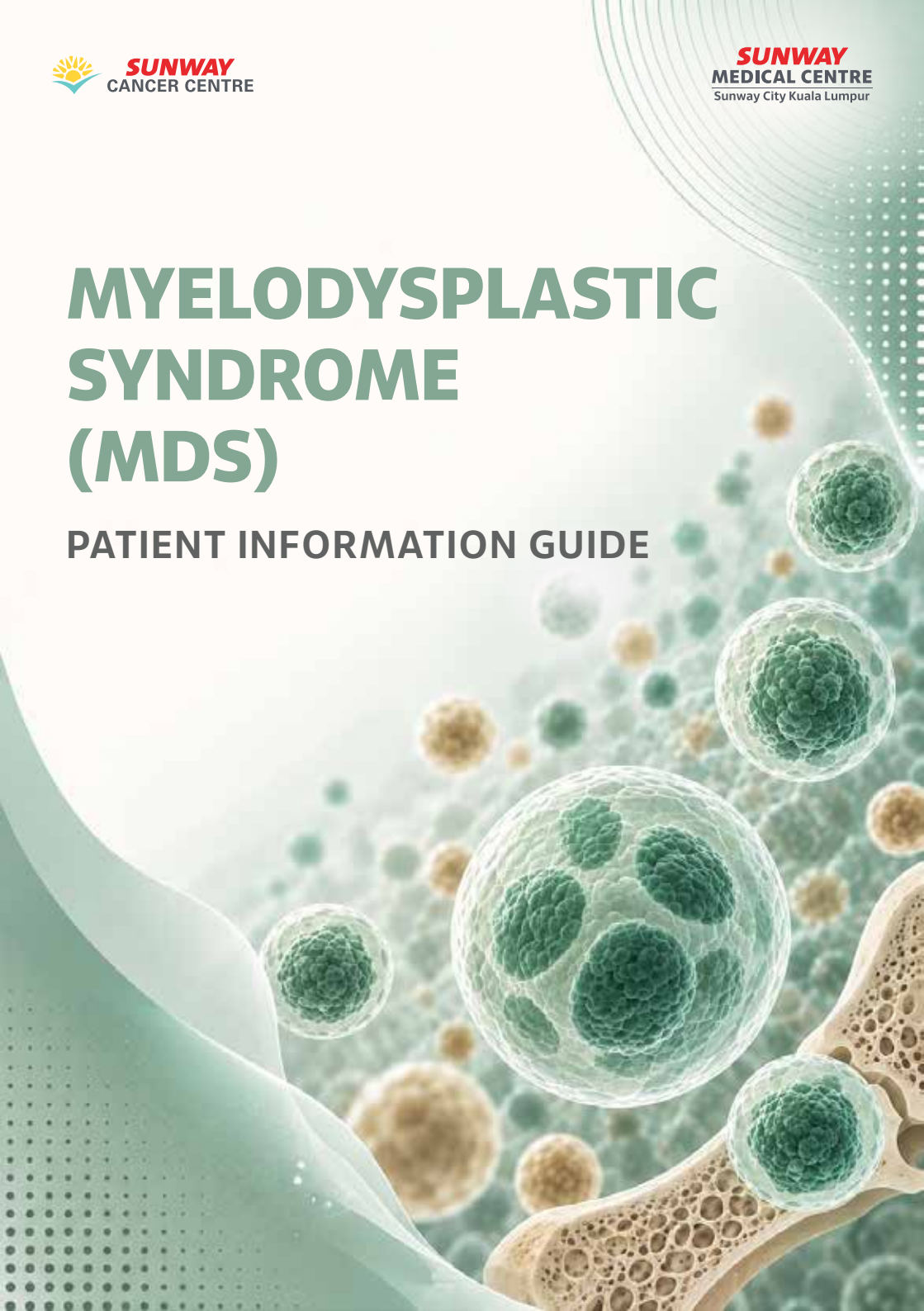


MYELODYSPLASTIC SYNDROME (MDS)

PATIENT INFORMATION GUIDE



What is Myelodysplastic Syndrome?



Myelodysplastic Syndrome (MDS) is a group of disorders in which the **bone marrow does not produce enough healthy blood cells due to DNA damage**. The immature cells (called blasts) may not mature properly and appear dysfunctional, resulting in low counts of red blood cells, white blood cells, or platelets.

Signs and Symptoms

Symptoms often develop gradually and may include:



Fatigue, weakness, or shortness of breath (due to low red blood cells)



Easy bruising or bleeding (due to low platelets)



Frequent infections (due to low white blood cells)



Pale skin



Dizziness or headaches



Bone pain (less common)

As symptoms are often mild in the early stages, MDS may be discovered during a routine blood test.

How is MDS Diagnosed?

Diagnosis requires a series of tests to confirm the disease and determine its type and severity:

1 Full Blood Count (FBC)

Checks levels of red blood cells, white blood cells, and platelets.

2 Peripheral Blood Smear

Examines the shape and size of blood cells.

3 Bone Marrow Aspiration and Biopsy

Confirms diagnosis and evaluates cell development.

4 Cytogenetic and Molecular Studies

Identify genetic abnormalities that help guide prognosis and treatment.

Doctors classify MDS into risk categories (low to high) based on these results.

Treatment Options

Treatment depends on the type and risk category of MDS, as well as the patient's age and overall health.



Supportive Care

- Blood transfusions for anaemia or low platelet counts
- Medications (e.g., erythropoietin) to boost red blood cell production
- Antibiotics for infections



Drug Therapy

- Azacitidine or decitabine to improve bone marrow function and control abnormal cells
- Immunomodulatory agents, such as lenalidomide, for certain genetic types (e.g., 5q deletion)



Stem Cell Transplant

The only potential cure, suitable for selected patients who are medically fit and have suitable donors.



Clinical Trials

May be offered for access to new therapies.

Living with MDS



Regular Monitoring

Frequent blood tests are important to track disease progression.



Prevent Infections

Practise good hygiene and avoid crowded areas during outbreaks.



Healthy Nutrition

Eat a balanced diet rich in iron, vitamins, and protein.



Manage Fatigue

Rest when needed and avoid overexertion.



Emotional Support

Seek help from counselling or patient groups to cope with stress or anxiety.

When to Seek Medical Help?

Call your healthcare provider immediately if you experience:



High fever, chills, or signs of infection



Unusual bleeding or bruising



Severe tiredness or shortness of breath



New or worsening symptoms

**This brochure is intended for general information purposes only and should not replace professional medical advice. Please consult your doctor for medical advice specific to your condition.*



WHERE TO GET HELP?

SUNWAY **MEDICAL CENTRE**

Sunway City Kuala Lumpur

Sunway Medical Centre Sdn Bhd

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