

MDS World Awareness Day  
October 25



# Is a family member more **breathless** than usual?

Feeling breathless after little exertion is one of the signs of MDS - myelodysplastic syndromes, a group of rare blood cancers.

In MDS, breathlessness is typically coupled with other signs of low red blood cell counts (anaemia), including:

- Excessive tiredness
- Dizziness
- Pale skin

These symptoms are generally common in older people, but they may be caused by MDS. A healthcare provider can carry out a complete blood count to see if further action is required.

So, if your family member is regularly feeling breathless, don't let them put it down to ageing. Tell them to visit a healthcare provider to get a blood count.

## Get a #BloodCount

