

MDS World Awareness Day  
October 25



# Does your loved one **feel weaker** than usual?

Having too few red blood cells can lead to feeling tired, dizzy or weak. Muscle weakness is one of the signs of MDS myelodysplastic syndromes, a group of rare blood cancers.

If you notice:

- Things are heavier than normal?
- Walking is harder than usual?
- A general lack of energy?

A healthcare professional can carry out a blood test to see if further action is required.

So, if you feel weak, don't ignore it.  
Visit your healthcare professional.

Get a #BloodCount