

March 2019



FOUNDATION Update

Connecting Patients and Families with News and Expert Opinion



AAMDSIF Patient and Family Conference March 30, 2019 (8 am - noon) Albuquerque, New Mexico

We are thrilled to be taking the first [AAMDSIF Patient and Family Conference](#) of 2019 to beautiful Albuquerque, New Mexico. There is no charge to attend the conference but pre-registration is required. The conference is hosted in partnership with the University of New Mexico Cancer Center and is presented with support from Acceleron, Alexion, Apellis Pharmaceuticals, Celgene, Jazz Pharmaceuticals, Novartis, and Takeda. [Register now!](#)

New This Year: If you can't attend, AAMDSIF is pleased to bring you Dr. Rafael Bejar of the University of San Diego's presentation on MDS via Facebook Live! Simply [RSVP for the conference](#) and you'll receive a reminder to join us for the LIVE presentation at 9am MT via Facebook Live! The presentation will also be uploaded to the AAMDSIF [YouTube Channel](#) for later viewing.



Facts for Life

March is National Nutrition Month

Proper nutrition is important to optimize blood production and maintain general health. If you or your loved one has been diagnosed with a bone marrow failure disease, or has recently undergone a bone marrow transplant, this may lead to a weakened immune system, creating special dietary concerns. [Learn more.](#)



AAMDSIF Online Academy: Free Webinars on Diverse Topics!

Are you looking for more information from the top experts on aplastic anemia, MDS, PNH or related diseases? All webinars are free -- view our currently [archived webinars](#). We have more than 200 for you to choose from and we are adding more every month.

Here's what's on deck for March!

[Pediatric Aplastic Anemia and PNH](#)

March 14, 2019 Thu 2:00 PM EDT

[Nutrition and Bone Marrow Failure Diseases](#)

March 28, 2019 Thu 9:00 AM EDT

[Living with AML - Emotional Impact](#)

March 28, 2019 Thu 4:00 PM EDT



Start a Community Connections Support Group in Your Community

[Community Connections](#) are volunteer-led local support groups that provide support and encouragement to patients and families affected by bone marrow failure diseases. Each support group looks slightly different since it's up to its members to decide how they want their group to function. Some groups meet monthly, some meet every other month or even quarterly. These groups provide a safe place for patients and families to share experiences, learn from each other and get support on their journey. If you are interested in connecting with a support group in your area or starting a group, please contact us, help@aamds.org or 800-747-2820 x140.



Jane Biehl: Hope is Around the Corner

"I have said from the beginning we should never give up hope and I had for a little bit. "

MDS patient Jane Biehl began writing about her experiences and views on life as a MDS patient and survivor. In nearly two years and one half years, she's written nearly 90 articles. Many of these have been published in [Cure magazine](#) and she's adding new ones all the time. This month, we present [Jane's article](#) on staying close to hope.



Houston March for Marrow in Enters 10th Year!

[Register today](#) for the 10th Annual March for Marrow Houston on March 30th. [Join us](#) and friends raise awareness. Can't make it to Northshore Park? Everyone is welcome to walk virtually. Grab some friends and go for a walk in your favorite park or neighborhood.



We Look Forward to the Next 35 Years -- You Can Help!

For the last 35 years AAMDSIF has led the way in providing research support and hope to the bone marrow failure disease community. Please consider chipping in to support these efforts. [Your support](#) is a critical part of our success.

Interested in organizing an event or just want to help?

Contact Margaret at fitzgerald@aamds.org.



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