

Winter 2019



MDS Update

Connecting Patients and Families with News and Expert Opinion



MDS Update Moves to Online Delivery With Enhanced Content

The *MDS Update* is moving to an online format, meaning you'll get more quality content delivered sooner to your email inbox. Make sure you whitelist us so you'll receive your newsletter with interviews, new research and personal stories from MDS patients.



Please Take Our Patient Survey!

Your opinion matters! Please take our short [online survey](#) and tell us what you think of about our programs and services.



AAMDSIF On the Road: Albuquerque, New Mexico

The first [AAMSDIF Patient and Family Conference](#) of 2019 is March 30th in Albuquerque, New Mexico. Registration is free! Don't miss Dr. Rafael Bejar of the University of California, San Diego, presenting on MDS! If you can't attend, we're going to bring you his presentation on [Facebook Live](#), beginning at 9 a.m. Mountain Time. [RSVP here!](#)



Highlight: AAMDSIF Online Academy MDS Experts

Are you looking for more information from the top experts on MDS and related diseases? All webinars are free, and we recommend:

[Managing the Dual Diagnosis of Aplastic Anemia and MDS](#)

[From MDS to AML: What Every MDS Patient Needs to Know](#)

New for 2019

Podcasts for Patients

Our patients, families, and caregivers have been asking for more ways to learn about rare blood cancers and bone marrow failure diseases. Your opinion matters, so



Podcasts for Patients
Now available online
aamds.org/podcast



this year we launched our new [Podcasts for Patients](#) series. We have four episodes available today, plus a bonus chat with *MDS Update* editor, Robert Burleson.



Jane Biehl: Thoughts on Side Effects of Treatment

Jane Biehl enjoys writing about her experiences and views on life as an MDS patient and survivor. In just over two years, she's written almost 80 articles and many of these have been published in [Cure magazine](#). To start 2019, we present her article on [the unpredictable nature of side effects](#) from treatment -- what's been learned, and the importance of making sure your treatment team knows everything you're experiencing.



Thank You For Your Support in 2018

As we look ahead to 2019, you can be confident that we'll continue to advance our mission and especially our efforts to build awareness, because we know that no one is immune to these diseases. Please support AAMDSIF as often and as generously as you can. Each gift makes a difference to someone in our community. Consider [monthly giving](#) – the easy and efficient way to help the Foundation help others.

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