

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, 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 provider can carry out a complete blood count to see if further action is required. So, if your loved one feels weaker than usual, don't let them ignore it. Tell them to visit a healthcare provider to get a blood count.



Get a #BloodCount