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After Myelodysplastic Syndrome Treatment

Get information about how to live well after myelodysplastic syndrome treatment and make decisions about next steps.

Living as a Cancer Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

- [Living as a Myelodysplastic Syndrome Survivor](#)

Living as a Myelodysplastic Syndrome Survivor

- [Follow-up care](#)
- [Can I lower my risk of the MDS progressing?](#)
- [Getting emotional support](#)

Since myelodysplastic syndromes (MDS) are very hard to cure, most people with MDS never actually complete treatment. People may go through a series of treatments with rest in between. Some people might choose to stop active treatment in favor of supportive care. Learning to live with cancer that does not go away can be difficult and

very stressful. See [Managing Cancer as a Chronic Illness](#)¹ for more about this.

Follow-up care

Whether or not you're being actively treated for MDS, your doctors will still want to watch you closely, so it's very important to go to all follow-up appointments.

Exams and tests

During follow-up visits, your doctors will ask about symptoms, examine you, and may order blood tests. They will continue to watch for signs of infection or progression to leukemia, as well as for short-term and long-term side effects of treatment. This is a good time for you to ask your health care team any questions you need answered and to discuss any concerns you might have.

Almost any cancer treatment can have side effects. Some may not last long, but others can be permanent. Don't hesitate to tell your care team about any symptoms or side effects that bother you so they can help you manage them.

Keeping health insurance and copies of your medical records

health, including helping you feel better.

About dietary supplements

So far, no [dietary supplements](#)⁶ (including vitamins, minerals, and herbal products) have

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Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as journalists, editors, and translators with extensive experience in medical writing.

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