LIVING AND COPING WITH MYELODYSPLASTIC SYNDROMES (MDS)

CANCERcare®
Over 80 Years of Help and Hope

A CancerCare Connect® Education Workshop

This activity is supported by Bristol Myers Squibb and Geron. CancerCare's application for continuing education credits for this program is supported by the Diana Napoli Fund

SPEAKERS

Michael Grunwald, MD, FACP, Professor, Wake Forest University School of Medicine, Chief, Leukemia Section, Atrium Health Levine Cancer Institute, Director, Transplantation and Cellular Therapy Program, Atrium Health Levine Cancer Institute

Daniel Peters, MD, Assistant Professor of Cancer Medicine, Leukemia, Blood and Marrow Transplant Specialist, Atrium Health Levine Cancer Institute

Guadalupe Palos, DrPH, MSW, RN, Former Clinical Protocol Administration Manager, Office of Cancer Survivorship, The University of Texas MD Anderson Cancer Center, Author and Researcher in Health Care Disparities, Caregiving & Survivorship

Sarah Naibzada, MSW, LSW, Oncology Social Worker, CancerCare

Register Today!

Our workshops are open to national and international clients and pre-registration is via our website www.cancercare.org/connect

DATE

MONDAY, DECEMBER 7, 2026 FROM 1:30 p.m. - 2:30 p.m. ET

TOPICS:

- Discussion of Myelodysplastic Syndromes (MDS), Staging, and Risk Classification
- Tips to Manage Symptoms, Discomfort, Pain & Quality-of-Life Concerns
- Treatment Side Effects: Monitoring and Managing Lab Work and Blood Count
- Coping with Watch and Wait for MDS
- Changing Treatment Type: Oral Medications Versus Intravenous (IV) Therapy
- For Caregivers: Caregiving for Your Loved One with MDS, Coping with Each Day, and Self-Care & Stress Management Recommendations to Manage the Stress of Caregiving
- Nutrition & Hydration Concerns & Tips
- Key Questions to Ask Your Health Care Team
- Guidelines to Prepare for Telehealth Appointments including Technology, Prepared List of Questions & Discussion of OpenNotes
- Questions for Our Panel of Experts

For more information or to register, please contact our Hopeline at 800-813-HOPE (4673) or register online at www.cancercare.org/connect

Facebook: facebook.com/cancercare | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare

What is a Cancer*Care* Connect® Education Workshop?

Cancer*Care* Connect® Education Workshops are a cost-free way to learn about cancer-related issues from the convenience of your home or office. Leading experts in oncology provide the most up-to-date information on the telephone and online.

How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

How do I register?

There are two ways to register:

- Call **800-813-HOPE (4673)**
- Register online at **www.cancercare.org/connect**

After you have registered, you will receive additional information.

Missed a Cancer*Care* Connect® Education Workshop?

You can listen to previous workshops on the Cancer*Care* website. Just log on to **www.cancercare.org/podcasts.**

Continuing Education Credits (Live Only)

Social Workers: This program has been submitted to The University of Texas MD Anderson Cancer Center, an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607, for 1.0 Contact Hour.

Cancer Care, Inc.is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0088. This workshop is approved for 1.0 Contact Hour.

Certified Health Education Specialists (CHES®): This program is designated for Certified Health Education Specialists (CHES®) and/or Master Certified Health Education Specialists (MCHES®) to receive up to 1 total Category I continuing education contact hour.

Cancer Care, Inc is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc.

To request continuing education paperwork, please email your name, profession, and address to connect@cancercare.org after the program. All paperwork for continuing education credit must be requested, completed, and submitted within two weeks of the live program.

Cancer*Care* is pleased to collaborate with these organizations:

AAMDSIF - The Aplastic Anemia and MDS International Foundation
https://www.aamds.org/
Advanced Practitioner Society for Hematology and Oncology (APSHO)
www.apsho.org
American Cancer Society
www.cancer.org; 1-800-227-2345
American Psychosocial Oncology Society
www.apos-society.org
American Society of Clinical Oncology
www.asco.org
Association for Molecular Pathology (AMP)
outreach.amp.org; 1-301-634-7939
Association of Clinicians for the Underserved
www.clinicians.org; 1-844-422-8247
Association of Oncology Social Work
www.aosw.org; 1-847-686-2233
Black Women's Health Imperative
www.bwhi.org; 888-834-8451
BMT InfoNet
https://bmtinfonet.org/
Blood Cancer United
www.bloodcancerunited.org; 1-800-955-4572
Bone Marrow & Cancer Foundation
www.bonemarrow.org; 1-800-365-1336
Cancer Justice
www.thedrlc.org; 866-843-2572
Cancer Nation
www.canceradvocacy.org; 1-877-NCCS-YES (1-877-622-7937)
Cancer Support Community
www.cancersupportcommunity.org; 1-888-793-9355
Caregiver Action Network
www.caregiveraction.org; 1-855-227-3640
DKMS
www.dkms.org; 1-212-209-6700
Intercultural Cancer Council
www.interculturalcancercouncil.org
Joe's House – A Lodging Guide for Cancer Patients
www.joeshouse.org; 1-877-563-7468
Latinas Contra Cancer
www.latinascontracancer.org; 1-408-280-0811
The MDS Foundation
https://www.mds-foundation.org/
The MDS Alliance
www.mds-alliance.org
The LGBT Cancer Project
www.lgbtcancer.org
Multinational Association of Supportive Care in Cancer
www.mascc.org
National Association of Social Workers
www.socialworkers.org; 1-202-408-8600
National Bone Marrow Transplant Link
www.nbmtlink.org; 1-800-LINK-BMT (1-800-546-5268)
National Comprehensive Cancer Network® (NCCN®) – NCCN Guidelines for Patients®
www.nccn.org/patients
National LGBTQI+ Cancer Network
www.cancer-network.org; 1-212-675-2633
National Organization for Rare Disorders®
www.rarediseases.org; 1-203-744-0100
NeedyMeds
www.needymeds.org; 1-800-503-6897
NMDP℠ Patient Support Center
www.nmdp.org/one-on-one; 1-888-999-6743
Prevent Cancer Foundation®
www.preventcancer.org; 1-800-227-2732
Redes en Acción: The National Latino Cancer Research Network at UT Health San Antonio
www.redesenaccion.com; 1-210-562-6500
Scott Hamilton CARES Foundation
www.scottcares.org
Triage Cancer
www.triagecancer.org
Vital Options International
www.vitaloptions.org; 1-800-518-2354
The LGBT Cancer Project
www.lgbtcancer.org

About Us

For over 80 years, Cancer*Care* has empowered millions of people affected by cancer through free counseling, support groups, educational resources, advocacy and financial assistance. Our oncology social workers improve the lives of people diagnosed with cancer, caregivers, survivors and the bereaved by addressing their emotional, practical and financial challenges.

To learn more, visit **www.cancercare.org** or call **800-813-HOPE (4673)**.