

Home > Types of Cancer > Myelodysplastic Syndromes - MDS > Myelodysplastic Syndromes - MDS - After Treatment

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Myelodysplastic Syndromes - MDS - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board \[2\]](#), 10/2014

ON THIS PAGE: You will read about your medical care after treatment is finished and why this follow-up care is important. To see other pages, use the menu on the side of your screen.

After treatment for MDS, talk with your doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests for the coming months and years. People treated for MDS need ongoing tests for blood counts and bone marrow function to check if or how the disease changes, how well current treatment is working, and whether additional treatment is needed. People who received a stem cell/bone marrow transplant need follow-up care more often; this includes watching for symptoms and signs of [graft-versus-host disease \[3\]](#), a possible side effect of an ALLO transplantation (See [Treatment Options \[4\]](#)).

ASCO offers [treatment summary forms \[5\]](#) to help keep track of the treatment you received and develop a survivorship care plan once treatment is completed.

People treated for MDS are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and receiving appropriate screening for types of cancer other than AML. Talk with your doctor to develop a plan that is best for your needs. Moderate physical activity can help rebuild your strength and energy level after receiving more intensive treatments. Your doctor can help you create an appropriate exercise plan based upon your needs, physical abilities, and fitness level. Learn more about the [next steps to take in survivorship \[6\]](#), including [making positive lifestyle changes \[7\]](#).

The next section offers a list of questions you may want to ask. Use the menu on the side of your screen to select Questions to Ask the Doctor, or you can select another section, to continue reading this guide.

Links:

[1] <http://www.cancer.net/cancer-types/myelodysplastic-syndromes-mds/after-treatment>

[2] <http://www.cancer.net/about-us>

[3] <http://www.cancer.net/node/24674>

[4] <http://www.cancer.net/node/19387>

[5] <http://www.cancer.net/node/25394>

[6] <http://www.cancer.net/node/22>

[7] <http://www.cancer.net/node/24583>