

SAMPLE LETTER – WELCOME TO OUR MDS SUPPORT GROUP

Dear _____,

It was a delight to speak with you. I want to “officially” welcome you to the MDS family. I fully appreciate that this is not a club you ever wanted to join, but one I hope you’ll come to cherish over time.

*The very first thing you should know is that **you are not alone**. Although getting diagnosed with MDS can at times be overwhelming and feel like you are on an emotional roller coaster, please know that the MDSF and our Support Group are here for you and your loved ones to help you understand your disease, research your options and offer education and support. Just call on us.*

I thought I would offer a few ideas for further support and education. In reaching out to the MDSF and your local Support Group, you have truly done so much already! Way to go on being your own best advocate!

- 1. We look forward to seeing you at future support group meetings. The next meeting is _____ (insert your meeting details here). We look forward to connecting with you again soon!*
- 2. If you have not done so yet, consider reaching out to the MDSF Office in Yardville, NJ at 1-800-637-0839. Their dedicated Office team can collect your full contact information and put you on the list to receive their newly diagnosed MDS Information Pack. They’ll also sign you up for their printed newsletter and e-news. Please know that these, and all of our MDSF services, are free of charge.*
- 3. Continue exploring the MDSF website, <http://www.mds-foundation.org>. In particular, look at the downloadable publications <https://www.mds-foundation.org/building-blocks-of-hope-downloads/> or watch their animated video presentations at <https://www.mds-foundation.org/you-and-mds/>.*
- 4. Consider joining the MDS Foundation Message Board where you can ask questions online to other MDS patients/caregivers to find out their experience. You can join on our website <https://www.mds-foundation.org/forums/forum/patient-message-board/>.*

5. Seriously consider coming to one of the MDS Foundation's Patient Forums. It is an amazing experience! A schedule of upcoming forums can be found here <https://www.mds-foundation.org/patient-and-family-forums/>. Copies of the slides and videos from some of the past presentations are on our website at <https://www.mds-foundation.org/patient-and-family-forums/#Previous-Patient-Forumsn>.

6. Have a question about a specific treatment or MDS topic? Good news! You can speak directly – from the comfort of your own couch – to the MDS Foundation Patient Liaison (an experienced and knowledgeable mentor). Email patientliaison@mds-foundation.org or call 1-800-637-0839.

As we discussed, I was diagnosed with MDS in _____ (insert a sentence about your story here, if appropriate). I'll never forget how reassuring it was the first time I walked into the MDS Support Group and met fellow members. It was a relief to meet others who share our disease. Kindly reach out if you want to talk anytime. I can be reached at: (insert phone number and or email here).

Warmest wishes to you and your family on your MDS journey,

Your Name & Signature Line Here

