

# What is Quality of Life?


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A decorative graphic consisting of several sets of concentric circles, resembling ripples in water, located in the bottom right corner of the slide.

# What is Quality of Life?

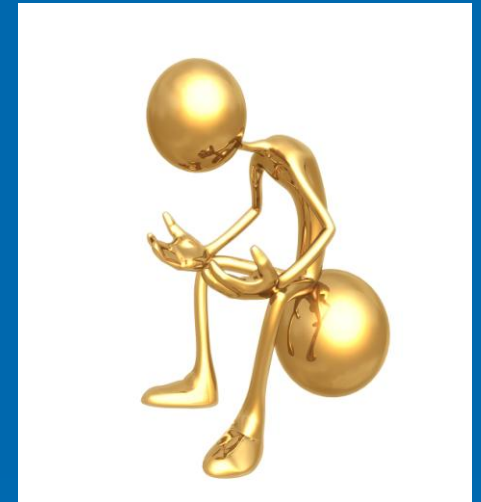
Quality of life is a descriptive term that refers to an individual's

- emotional,
  - social,
  - physical well-being,
  - and their ability to function in the ordinary tasks of daily living.
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# Just diagnosed.....

Whether it's you yourself who's just been diagnosed, or someone close to you, you may be feeling

- shocked,
- numb,
- confused,
- sad,
- frightened.
- relieved,
- You may be wondering what's going to happen next, and who's going to be there to help you through it all.
- All these feelings are natural and experienced by many who have been through what you're going through now.



# Just diagnosed.....



You might be wondering:

- Why me?
- What have I done to deserve this?
- It can't be right, have you got the right person?
- Is that the right diagnosis?
- I don't feel that unwell.
- Is that why I have felt so unwell?
- How will this affect my family and relations?
- How will I tell people?
- How will I cope with work and financial problems?

# MDS and Quality of Life: The Patient's Perspective

- Negative impact on QoL
  - Diminished physical and mental capabilities
  - Fatigue
  - Loss of independence
  - Relationships with family and others
  - Diminished role within the family
  - Emotional toll
  - Significantly more time spent on health-related care.
  - Employment challenges.
- Positive Impact on QoL
  - Reassessing life's priorities
  - Improved relationships with family and friends
  - Positive brighter outlook on life in Adoption of positive health behaviours.
  - general.
  - Deeper more meaningful spiritual life
  - Feelings of hope when treatments or management strategies yield positive results such as transfusion independence.