



AAMAC
ACAAM

Aplastic Anemia & Myelodysplasia
Association of Canada
Association canadienne de l'anémie
aplasique et de la myélodysplasie

My Progress Tracker

2026

My Progress Tracker has been developed to help you be an active partner in your health care. It will help you keep track of your important contact information, appointments, test results and any treatments you receive.

My Personal Details

Name :

Phone:

Oncologist/Hematologist:

Office Phone:

Fax:

Email:

Nurse:

Office Phone:

Fax:

Email:

Primary Care Doctor:

Office Phone:

Fax:

Email:

Other:

Office Phone:

Fax:

Email:

AAMAC Information

AAMAC National Office:

905-780-0698 or 1-888-840-0039

info@aamac.ca

www.aamac.ca

Patient Support Groups

We currently offer two Patient and Care Partner Support Groups. Both meet virtually on a monthly basis. The meeting schedules are set out below and dates are included in the tracker for your convenience.

- **Wednesday Group**

The second Wednesday of each month at 3PM PT | 4PM MT | 6PM ET | 7PM AT

- **Monday Group**

The third Monday of each month at 6PM PT | 7PM MT 9PM ET | 10PM AT

To register or for more information, please visit our website or email us at the address above.

Our annual general meeting is on October 17, 2026.

Follow us on Facebook, X, LinkedIn and Instagram. Let the world know about rare blood cancer and bone marrow failure diseases.

 @AAMACanada  @aamac1989

 @AAMAC1989  @Aplastic Anemia & Myelodysplasia Association of Canada

MY DISEASE HISTORY	Initial Diagnosis Date	Notes

Check the back pages for more charts

OTHER MEDICAL CONDITIONS	Notes

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	15	16	17
18	19 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	20	21	22	23	24
25	26	27	28	29	30	31



For some people, January can bring on a case of the winter blues, with its long nights and colder weather. In Ontario, research suggests that 15 per cent of the general population have experienced the winter blues, which is different from Seasonal Affective Disorder (SAD affects about two per cent of the population and is a serious form of depression). Visit the website of the **Canadian Mental Health Association** for some tips on how to shake off the winter blues.

MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

*WBC = white blood cell

**ANC = absolute neutrophil count

FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	12	13	14
15	16 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	17	18	19	20	21
22	23	24	25	26	27	28

AWARENESS DATES

- 1-28 National Cancer Prevention Month
- 4 World Cancer Day
- 15 International Childhood Cancer Day
- 28 Rare Disease day



Rare Disease Day is an international awareness-raising campaign for rare diseases which takes place on the last day of February each year. There are over 300 million people worldwide living with a rare disease. Together across the 6000+ rare diseases, we work towards more equitable access to diagnosis, treatment, care and social opportunity.



MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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**ANC = absolute neutrophil count

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	12	13	14
15	16 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

BONE MARROW FAILURE AWARENESS WEEK MARCH 1-7, 2026

Bone marrow failure disorders affect hundreds of thousands of people throughout the world. They can strike any person of any age, any gender or any race anywhere in the world. Help spread the word about aplastic anemia, myelodysplastic syndrome and paroxysmal nocturnal hemoglobinuria. Help us raise awareness across the country about what these diseases are, how to get help, and what AAMAC can do to support patients and families.

MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	9	10	11
12	13	14	15	16	17	18
19	20 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	21	22	23	24	25
26	27	28	29	30	1	2

AWARENESS DATES

1-30 Be A Donor Month

7 Oncology Nursing Day

7 World Health Day

19-25 National Volunteer Week

21 AML World Awareness Day



Volunteer as an AAMAC Ambassador

AAMAC relies on volunteers for much of the work we do in the community. You can help raise awareness of AAMAC and bone marrow failure diseases by becoming an AAMAC Ambassador in your community. Our ambassadors distribute posters and other AAMAC materials to hospitals and clinics so that patients and health care professionals are aware of our services. To find out more about this role, please contact us at info@aamac.ca.

MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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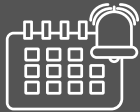
**ANC = absolute neutrophil count

MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	14	15	16
17	18 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	19	20	21	22	23
24	25	26	27	28	29	30
31						

AWARENESS DATES

- 1 National Physicians' Day
- 11-17 National Nursing week
- 12 International Nurses Day
- 20 International Clinical Trials Day
- 28 World Blood Cancer Day



National Nursing Week is the annual celebration of the anniversary of Florence Nightingale's birth on May 12th, which is also celebrated around the world as International Nurses Day.

AAMAC appreciates that nurses are the backbone of patient welfare and is proud to support nurses through the following scholarships:

- The Marilynne Convey Aplastic Anemia and Myelodysplasia Association of Canada Scholarship
- Liz Lemire Memorial Scholarship

MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

*WBC = white blood cell

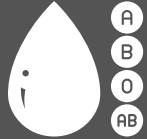
**ANC = absolute neutrophil count

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	11	12	13
14	15 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

AWARENESS DATES

- 7 National Cancer Survivors Day
- 8-14 National Blood Donor Week
- 14 World Blood Donor Day
- 26 National Cancer Wellness Awareness Day



On June 14, every year World Blood Donor Day is celebrated around the world. It is an opportunity to raise awareness of the need for safe blood and blood products. Canadian Blood Services estimates that the demand for blood will increase by nearly 10% over the next five years while the demand for other products could grow even more.

Join us in thanking voluntary, unpaid blood donors across Canada for their life-saving gifts of blood to people they don't even know.

Follow us on social media to help raise awareness.

MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7	8 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	9	10	11
12	13	14	15	16	17	18
19	20 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	21	22	23	24	25
26	27	28	29	30	31	1

AAMAC's newsletter is published quarterly. It offers the Aplastic Anemia, MDS and PNH community inspirational stories, informative articles and many different resources for help and support.

To sign up for the newsletter or for submissions, inquiries or comments, please contact us at info@aamac.ca

If you've changed your address or would like to switch to email communications, please email us at info@aamac.ca so we can update your preference!



MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	13	14	15
16	17 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

For those living with a rare disease such as bone marrow failure, information is vital to feeling in control of your health. AAMAC has various resources available to download or order free of charge on our website (aamac.ca) For AA, MDS and PNH, we have a series of information booklets, fact sheets, and prompt lists that highlight questions to ask at your next appointment. Check the Educational Materials tab on the website under Resources. You can also email info@aamac.ca or call 1-888-840-0039 to place your order.



MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	10	11	12
13	14	15	16	17	18	19
20	21 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	22	23	24	25	26
27	28	29	30	1	2	3

AWARENESS DATES

- 1-30 **Blood Cancer Awareness Month**
- 4 **World Leukemia Day**
- 19 **World Marrow Donor Day**
- 22 **World Chronic Myeloid Leukemia Day**



Many people find that there is no substitute for being among others who have “been there”. Peers are not professional caregivers but fellow travelers who have experienced bone marrow failure diseases – just like you.

AAMAC’s Peer Support Program offers patients, their families and caregivers the opportunity to connect with another person dealing with a similar experience. The person requesting Peer Support may simply want to discuss coping strategies, exchange information or receive encouragement in a safe, supportive and accepting manner. Please contact us at info@aamac.ca if you are interested in either providing or receiving support.

MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	15	16	17 AAMAC AGM 11AM PT 12PM MT 2PM ET 3PM AT
18	19 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	20	21	22	23	24
25	26	27	28	29	30	31

MDS WORLD AWARENESS DAY 2026



AAMAC and MDS patient groups all over the world mark **October 25th** as MDS World Awareness Day. The aim is to help educate patients, families, healthcare professionals, and the general public on this disease, as well as raise general awareness.

Join AAMAC and the MDS Alliance in promoting this day by following and sharing our posts on social media.

MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	12	13	14
15	16 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

AWARENESS DATES

1-30 National Marrow Awareness Month

1-30 Movember for Men's Health

11 Remembrance Day



GivingTuesday is a global generosity movement, taking place each year after Black Friday. It harnesses the potential of social media and the generosity of people, providing a platform for them to encourage the donation of time, resources and talents to address local challenges. It also encourages acts of kindness.

On December 1st, we celebrate the generosity of Canadians who support charities like AAMAC.



MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

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DECEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
6	7	8	9 Patient Support Group 3PM PT 4PM MT 6PM ET 7PM AT	10	11	12
13	14	15	16	17	18	19
20	21 Patient Support Group 6PM PT 7PM MT 9PM ET 10PM AT	22	23	24	25	26
27	28	29	30	31	1	2

Happy Holidays from AAMAC!

On behalf of the AAMAC board and staff, we wish you and your family a happy holiday season.

As another year comes to a close, we'd like to thank you once again for your kindness and generosity in your support of AAMAC. We look forward to working with you in the year ahead.



MY TEST RESULTS / TRANSFUSIONS

Date	Hemoglobin	WBC*	ANC** of Neutrophils	Platelets	Ferritin	# Transfusions Cumulative # Transfusions	Others (Bone marrow, LDH, etc.)

*WBC = white blood cell

**ANC = absolute neutrophil count

This chart will help you better understand what your blood count results mean.

What are the typical ranges for blood counts?

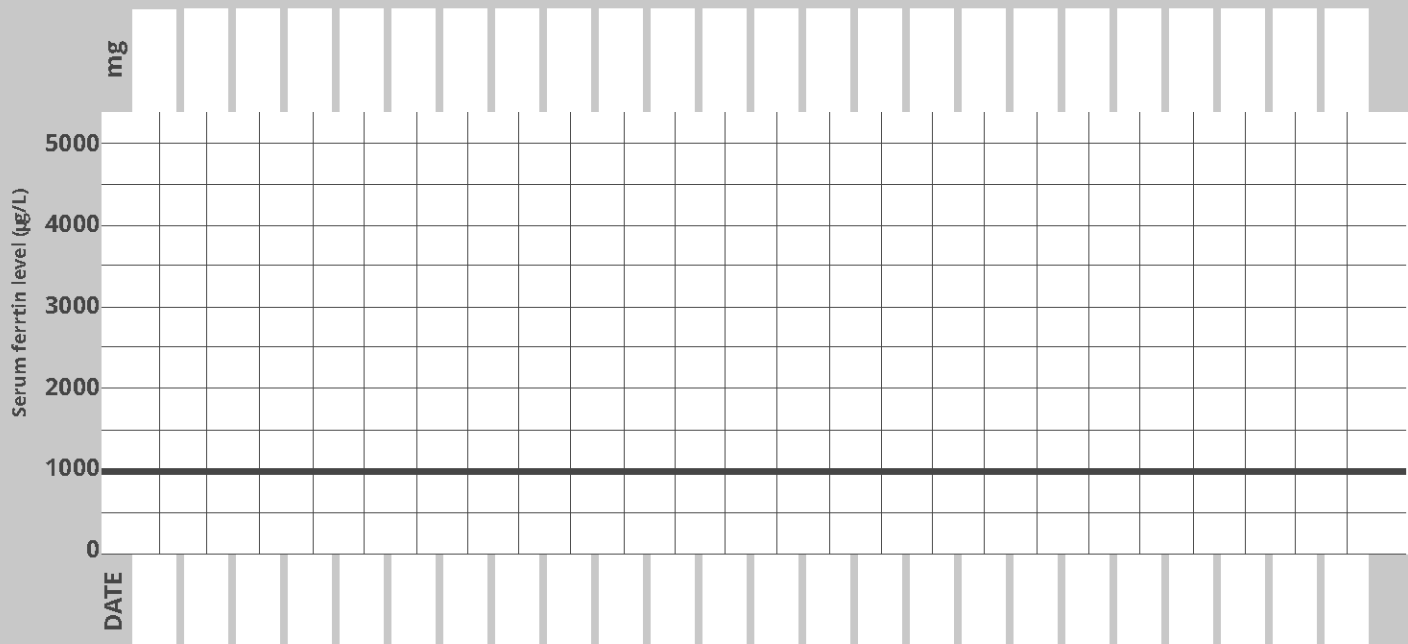
Test	Unit	Range (Normal Low - Normal High)*
Hemoglobin	g/L	Men 130 - 180
		Women 120 - 160
White Blood Cells (WBCs) / Leukocytes	10 ⁹ /L	3.5 - 10.5
Absolute Neutrophil Count (ANC) or Neutrophils	10 ⁹ /L	1.5 - 8.0
Platelets	10 ⁹ /L	140 - 440
Serum Ferritin	µg/L	Men: Normal is < 300 µg/L Women: Normal is < 150 µg/L

* Normal ranges vary slightly around diagnostic test. These figures are given solely as a rough guide.

For blood transfusion patients being treated for iron overload

Serum ferritin level (by dosage used)

MEDICATION: _____



Provided by AAMAC

Mission

To provide a seamless support network for every Canadian patient, family member, friend, and concerned healthcare provider dealing with aplastic anemia, myelodysplasia and paroxysmal nocturnal hemoglobinuria.



Vision

To support all Canadians and their families and friends through diagnosis, treatment and remission stages of these diseases.

390 Beach Drive, Brighton, ON , K0K 1H0

905-780-0698
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