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| **Post** | **Graphic** | **X** | **Instagram** | **Facebook** | **Date /**  **Time** |
| **1** | A poster with a picture of blood cells  Description automatically generated | **(1/2)**  **#WaldenstromsMacroglobulinemia** (WM) is a rare type of blood cancer.    In **#WM**, abnormal proliferation of white blood cells called B lymphocytes in the bone marrow can crowd out normal, healthy blood cells.  This also leads to overproduction of a protein called IgM, which can cause the blood to become too thick.    **(2/2)**  This can cause problems with blood circulation, leading to some of the symptoms of WM.    Visit the **#IWMF** website to find out more about WM: <https://iwmf.com/what-is-wm-lpl/>    **#WMWorldAwarenessDay** **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | **#WaldenstromsMacroglobulinemia** (WM) is a rare type of blood cancer.    In **#WM**, abnormal proliferation of white blood cells called B lymphocytes in the bone marrow can crowd out normal, healthy blood cells; this also results in the buildup of a protein called IgM, which can cause the blood to become too thick. Thick blood results in complications with blood circulation, leading to some of the symptoms of WM.    Click the link in our bio to visit the **#IWMF** website and find out more about WM and the upcoming **#WMWorldAwarenessDay**.  **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | **#WaldenstromsMacroglobulinemia** (WM) is a rare type of blood cancer.    In **#WM**, abnormal proliferation of white blood cells called B lymphocytes in the bone marrow can crowd out normal, healthy blood cells; this also results in the buildup of a protein called IgM, which can cause the blood to become too thick. Thick blood results in complications with blood circulation, leading to some of the symptoms of WM.    Visit the **#IWMF** website to find out more about WM and the upcoming **#WMWorldAwarenessDay**: <https://iwmf.com/what-is-wm-lpl/>    **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | **March 7**  **10:00 EST** |
| **2** |  | **(1/2)**  Did you know, early signs of **#WaldenstromsMacroglobulinemia** (WM) are fatigue and a lack of energy due to anemia?  **#WM** can cause a range of symptoms, including:  - Shortness of breath  - Weight loss  - Numbness of the hands/feet  - Fever  - Night sweats    **(2/2)**  To learn more about the symptoms of WM and the upcoming **#WMWorldAwarenessDay**, visit the **#IWMF** website: <https://iwmf.com/symptoms-of-wm/>    **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | Did you know, early signs of **#WaldenstromsMacroglobulinemia** (WM) are fatigue and a lack of energy due to anemia?  **#WM** can cause a range of symptoms. The most common symptoms include:  - Shortness of breath  - Weight loss  - Numbness of the hands/feet  - Fever  - Night sweats  - Headache  - Changes in vision  - Confusion  Click the link in our bio to visit the **#IWMF** website and learn more about the symptoms of WM and the upcoming **#WMWorldAwarenessDay.**  **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | Did you know, early signs of **#WaldenstromsMacroglobulinemia** (WM) are fatigue and a lack of energy due to anemia?  **#WM** can cause a range of symptoms. The most common symptoms include:  - Shortness of breath  - Weight loss  - Numbness of the hands/feet  - Fever  - Night sweats  - Headache  - Changes in vision  - Confusion  To learn more about the symptoms of **#WM** and the upcoming **#WMWorldAwarenessDay,** visit the **#IWMF** website: <https://iwmf.com/symptoms-of-wm/>  **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | **March 11**  **11:00 EST** |
| **3** |  | **(1/2)**  Several risk factors can increase a person’s chance of developing **#WaldenstromsMacroglobulinemia** (WM). These can include:  - Age over 65 years  - Being a Caucasian male  - A family history of WM  **(2/2)**  Visit the **#IWMF** website to find out more about the risk factors of **#WM** and the upcoming **#WMWorldAwarenessDay**: <https://iwmf.com/causes-risk-factors-and-prognosis/>  **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | Several risk factors can increase a person’s chance of developing **#WaldenstromsMacroglobulinemia** (WM)**.** These can include:   * Age: WM occurs most frequently in patients aged >65 years * Sex: WM is more often diagnosed in men rather than women * Race: Caucasian people are at increased risk of developing WM * Family history: People with a close relative with WM are more likely to develop the condition compared with those with no family history of WM   Click the link in our bio to visit the **#IWMF** website to find out more about the risk factors of **#WM** and the upcoming **#WMWorldAwarenessDay.**  **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | Several risk factors can increase a person’s chance of developing **#WaldenstromsMacroglobulinemia** (WM)**.** These can include:   * Age: WM occurs most frequently in patients aged >65 years * Sex: WM is diagnosed in men more often than in women * Race: Caucasian people are at increased risk of developing WM * Family history: People with a close relative with WM are more likely to develop the condition compared with those with no family history of WM   Visit the **#IWMF** website: <https://iwmf.com/causes-risk-factors-and-prognosis/> to find out more about the risk factors of **#WM** and the upcoming: **#WMWorldAwarenessDay**  **#RaiseforWM #WaldenstromsWorldAwarenessDay** | **March 14**  **12:00 EST** |
| **4** |  | ❗ There are several less common symptoms of **#WaldenstromsMacroglobulinemia** (WM), including:   * Swollen lymph nodes/abdomen * Sensitivity to cold   Find out more about **#WM** symptoms and the upcoming **#WMWorldAwarenessDay:** <https://iwmf.com/symptoms-of-wm/>  **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | ❗ There are several less common symptoms of **#WaldenstromsMacroglobulinemia** (WM), including:   * Swollen lymph nodes * Swollen abdomen * Sensitivity to cold     It is important to talk to your doctor if you experience any symptoms of WM, they can carry out further tests. To find out more about **#WM** symptoms and the upcoming **#WMWorldAwarenessDay**, visit the link in our bio.  **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | ❗ There are several less common symptoms of **#WaldenstromsMacroglobulinemia** (WM), including:   * Swollen lymph nodes * Swollen abdomen * Sensitivity to cold     It is important to talk to your doctor if you experience any symptoms of WM, they can carry out further tests. To find out more about **#WM** symptoms and the upcoming **#WMWorldAwarenessDay**, visit our website: <https://iwmf.com/symptoms-of-wm/>  **#RaiseforWM**  **#WaldenstromsWorldAwarenessDay** | **March 20**  **13:00 EST** |

## References

1. <https://www.mayoclinic.org/diseases-conditions/waldenstrom-macroglobulinemia/symptoms-causes/syc-20359967#:~:text=Waldenstrom%20macroglobulinemia%20(mak%2Droe%2D,crowd%20out%20healthy%20blood%20cells>.
2. <https://rarediseases.org/rare-diseases/waldenstroms-macroglobulinemia/>
3. <https://www.cancer.org/cancer/waldenstrom-macroglobulinemia/about/what-is-wm.html>