**WHICH MPN TREATMENT IS RIGHT FOR YOU?**

**WHAT YOU NEED TO KNOW**

*Program Resource Guide*

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### Insist on Better Care
- Always speak up and ask questions. You have a voice in YOUR MPN care.
- Inquire about test results and how they may impact your care and treatment plan.
- Include a friend or family member in your appointments.
- Consider a second opinion and/or a consult with an MPN specialist.

### MPN Essential Testing
- Complete blood count (CBC)
- Bone marrow biopsy
- Imaging (if necessary)
- Ask your doctor if you have had or will receive biomarker testing.

### MPN Resources
- Cancer Support Community
- MPN Research Foundation
- MPN Voice
- PV Reporter

### Questions to Ask About Test Results
- What is my diagnosis?
- What is the subtype?
- Do I have any of the common MPN driver mutations, such as:
  - JAK2 (JAK2V617F)
  - Calreticulin (CALR)
  - MPL

### About Jak2 (Jak2V617F) Mutation
- **Jak2 Mutation**: An acquired mutation in the majority of patients with MPNs.
- Approximately 50% of patients with myelofibrosis (MF) and essential thrombocythemia (ET) have this mutation.
- Approximately 95% of patients with polycythemia vera (PV) have this mutation.

**Biomarker Testing**: Laboratory testing that identifies certain gene mutations, proteins, chromosomal abnormalities and/or other molecular changes that are unique to an individual’s disease.
- Biomarker test results may be used to evaluate treatment or to make a prognosis.
- Types of biomarker tests may include (but are not limited to):
  - Flow cytometry
  - Next-generation sequencing (NGS)
  - Polymerase chain reaction (PCR)

### Visit These Related Programs
- What You Need to Know Before Choosing a Cancer Treatment
- How to Make an Informed MPN Treatment Decision
- MPN Treatment: What Is the Role of Biomarkers?
- Insist! Myeloproliferative Neoplasms
- Engage Myeloproliferative Neoplasms

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### MPN Treatment Options

*Treatment varies for each patient based on their particular disease and treatment goals.*

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### Glossary of Terms

**Gene mutation**: A permanent change in the DNA sequence that makes up a gene. Changes can occur due to mistakes when the DNA is copied or as the result of environmental factors.

**Hematocrit (Hct)**: The volume percentage of red blood cells in the blood.

**Interferon therapy**: A type of therapy that interferes with the ability of viruses to reproduce and also boosts the immune system.

**JAK inhibitors**: A class of therapy that interferes with the activation of the JAK-STAT pathway.

**Next-generation sequencing (NGS)**: Technology to sequence DNA or RNA to identify genetic variations associated with diseases or other biological phenomena.

**Phlebotomy**: Removal of blood from the veins in order to lower blood volume and reduce excess red blood cells.

**Pruritis**: Severe itching of the skin, a common and challenging symptom for patients with PV.

**Stem cell transplant (bone marrow transplant)**: A procedure in which healthy blood stem cells are used to replace damaged or diseased bone marrow. This procedure can be used to treat certain types of blood cancers.

### Choosing an MPN Treatment

- Confirm diagnosis and subtype
- Review test results with healthcare team
- Define the treatment goals
- Review available treatment options
- Weigh the pros and cons of each option

### MORE TOOLS FOR EMPOWERMENT

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast

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