

WHICH MPN TREATMENT IS RIGHT FOR YOU?

WHAT YOU NEED TO KNOW

Program Resource Guide

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.

ESSENTIAL THROMBOCYTHEMIA	POLYCYTHEMIA VERA	MYELOFIBROSIS
<ul style="list-style-type: none"> No treatment Monitoring thrombotic risk Aspirin Cytoreductive therapy <ul style="list-style-type: none"> Hydroxyurea Anagrelide Biologic therapy <ul style="list-style-type: none"> Interferon 	<ul style="list-style-type: none"> Aspirin Cytoreductive therapy <ul style="list-style-type: none"> Hydroxyurea Biologic therapy <ul style="list-style-type: none"> Interferon Phlebotomy JAK inhibitor therapy <ul style="list-style-type: none"> Ruxolitinib 	<ul style="list-style-type: none"> Anemia treatments <ul style="list-style-type: none"> Erythropoietin Danazol Lenalidomide JAK inhibitor therapy <ul style="list-style-type: none"> Ruxolitinib Fedratinib Stem cell transplant

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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