### Engage in Your Care
- **Educate yourself** about MPNs.
- Ask your doctor if you have had essential testing.
- **Partner with your healthcare team** on care and treatment decisions.
- Write down questions before your appointment and include a friend or family member at your appointments.
- Consider a second opinion and/or a consult with an MPN specialist.

### Making Treatment Decisions
**Shared Decision-Making (SDM):** Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

**Participate in Treatment Decisions By:**
- Learning about your MPN.
- Understanding the available treatment options.
- Reviewing lab test results with your doctor.

### Classic Myeloproliferative Neoplasms
- **Essential thrombocythemia (ET):** Overproduction of platelets in the body.
- **Polycythemia vera (PV):** Characterized by the overproduction of red blood cells and in some cases elevated white blood cells and platelets.
- **Myelofibrosis (MF):** Excessive scarring in the bone marrow that disrupts the normal production of blood cells.

### Questions to Ask About Your Treatment Plan
- Do I need treatment now?
- What if I defer treatment?
- What is the goal of treatment?
- Is this a new treatment?
- Are there side effects?
- How will the drug/drugs affect my lifestyle?

### Glossary
- **Anemia:** Very low levels of red blood cells.
- **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.
- **Stem Cell Transplant:** Also called bone marrow transplant, is 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.

### MPN Resources
- **Cancer Support Community**
- **The Leukemia & Lymphoma Society (LLS)**
- **MPN Research Foundation**
- **MPN Voice**
- **PV Reporter**

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