

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	cancersupportcommunity.org
The Leukemia & Lymphoma Society (LLS)	LLS.org
MPN Research Foundation	mpnrf.org
MPN Voice	mpnvoice.org.uk
PV Reporter	pvreporter.com



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