

THRIVING WITH AN MPN

TIPS AND SUPPORT FOR NAVIGATING CARE

Program Resource Guide



Classic Myeloproliferative Neoplasms	Treatment Goals That May Affect Therapy Choices
<ul style="list-style-type: none"> ▪ Primary Myelofibrosis (MF) ▪ Essential Thrombocythemia (ET) ▪ Polycythemia Vera (PV) 	<ul style="list-style-type: none"> ▪ Delaying progression. ▪ Providing potential long-term benefits. ▪ Controlling short-term risks (e.g., blood clots). ▪ The patient's clinical features (e.g., age, comorbidities).

Supportive Care Team Members

- **Oncology Psychologist or Psychiatrist:** Professionals that provide emotional and supportive care. They are specially trained in using behavioral approaches and medications to support patients facing cancer, cancer treatment, and cancer survivorship.
- **Oncology Social Worker:** Licensed professionals who counsel people affected by cancer, provide emotional support, and help people access practical care.
- **Patient Navigator:** Staff members that help navigate the healthcare system – by assessing and addressing immediate needs – and that help to plan and provide resources for ongoing support.

Glossary Terms

Anemia: A condition that develops when the body lacks sufficient red blood cells. Symptoms of anemia may include fatigue, weakness, and shortness of breath, among others.

Bone Marrow Biopsy: A procedure that involves collecting a small sample of bone marrow, usually from the hip bone, in order to be examined by a laboratory. This procedure is used to confirm an MPN diagnosis and may be used to monitor the disease over time.

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.

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.

MPN Support & Resources

<ul style="list-style-type: none"> ▪ CancerGRACE ▪ Cancer Support Community (CSC) ▪ MPN Research Foundation ▪ MPN Voice 	<ul style="list-style-type: none"> ▪ National Cancer Institute ▪ Silver MPN Center ▪ The Leukemia & Lymphoma Society ▪ The PAN Foundation
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