

THRIVING WITH AN MPN: WHAT YOU SHOULD KNOW ABOUT CARE AND TREATMENT

Program Resource Guide



Classic Myeloproliferative Neoplasms (MPNs)	Your MPN Healthcare Team May Include:
<ul style="list-style-type: none">Primary Myelofibrosis (MF)Essential Thrombocythemia (ET)Polycythemia Vera (PV)	<ul style="list-style-type: none">Local OncologistBlood Cancer Expert (hematologist)Nurse and/or Advanced Practice Provider (APP)Stem Cell Transplant SpecialistPharmacist
Resources for MPN Information	
<ul style="list-style-type: none">Leukemia & Lymphoma Society: LLS.orgMPN Cancer Connection: mpncancerconnection.orgMPN Research Foundation: mpnresearchfoundation.orgMPN Voice: mpnvoice.org.ukClinicaltrials.gov	
Glossary Terms	
<p>Anagrelide (Agrylin): Cytoreductive therapy used to treat the overproduction of blood platelets.</p>	
<p>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.</p>	
<p>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.</p>	
<p>Hydroxyurea (Hydrea): Oral chemotherapy agent used as a cytoreductive therapy in myeloproliferative neoplasms (MPNs) to control the number of white blood cells, red blood cells, platelets, and to reduce spleen size.</p>	
<p>Interferon Therapy: A type of therapy that interferes with the ability of viruses to reproduce and also boosts the immune system.</p>	
<p>Ropeginterferon alfa-2b (Besremi): FDA-approved treatment for patients with polycythemia vera (PV).</p>	
<p>Phlebotomy: Removal of blood from the veins in order to lower blood volume and reduce excess red blood cells.</p>	
<p>Stem Cell Transplant: Also called a 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.</p>	
About JAK2 (JAK2V617F) Mutation	
<ul style="list-style-type: none">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.	

THRIVING WITH AN MPN: WHAT YOU SHOULD KNOW ABOUT CARE AND TREATMENT

Program Resource Guide



<h3>Shared Decision-Making (SDM)</h3>	<h3>Pillars of Managing MPN Care</h3>
<p>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.</p>	<ul style="list-style-type: none"> ▪ Quality of Life ▪ Complications ▪ Disease Progression ▪ Managing Side Effects
<h3>MPN Treatment Types</h3>	<h3>Steps to Choosing an MPN Treatment</h3>
<ul style="list-style-type: none"> ▪ Aspirin ▪ Biologic Agents (e.g., Interferon) ▪ Cytoreductive Chemotherapy (e.g., Hydroxyurea) ▪ Hypomethylating Agents ▪ JAK Inhibitors ▪ Phlebotomy ▪ Clinical Trials 	<ol style="list-style-type: none"> 1. Identify and Confirm Diagnosis 2. Define the Patient Goals 3. Review Treatment Options Available 4. Weigh the Pros and Cons of Each
<h3>JAK Inhibitors</h3>	
<p><i>JAK Inhibitors: A class of therapy that interferes with the activation of the JAK-STAT pathway.</i></p> <ul style="list-style-type: none"> ▪ Ruxolitinib (Jakafi): JAK inhibitor therapy approved for the treatment of myelofibrosis and polycythemia vera. ▪ Fedratinib (Inrebic): JAK inhibitor therapy approved for the treatment of myelofibrosis. ▪ Momelotinib: JAK inhibitor being studied for the treatment of myelofibrosis. ▪ Pacritinib: JAK inhibitor being studied for the treatment of myelofibrosis. 	
<h3>MORE TOOLS FOR EMPOWERMENT</h3> <ul style="list-style-type: none"> • Digitally Empowered™ • PEN-Powered Activity Guide • Empowered Blog • Empowered! Podcast  	 <p>Thrive MPNs is brought to you by the Patient Empowerment Network. Funding is provided by an unrestricted educational grant from AbbVie, Inc. and through generous donations from people like you.</p>
<div style="text-align: center;">  question@powerfulpatients.org </div>	
<div style="text-align: center;">  <p>@power4patients</p> </div>	<div style="text-align: center;">  <p>PowerfulPatients.org</p> </div>