Classic Myeloproliferative Neoplasms (MPNs)

- Primary Myelofibrosis (MF)
- Essential Thrombocythemia (ET)
- Polycythemia Vera (PV)

Your MPN Healthcare Team May Include:

- Local Oncologist
- Blood Cancer Expert (hematologist)
- Nurse and/or Advanced Practice Provider (APP)
- Stem Cell Transplant Specialist
- Pharmacist

Resources for MPN Information

- Leukemia & Lymphoma Society: LLS.org
- MPN Cancer Connection: mpncancerconnection.org
- MPN Research Foundation: mpnresearchfoundation.org
- MPN Voice: mpnvoice.org.uk
- Clinicaltrials.gov

Glossary Terms

**Anagrelide (Agrylin):** Cytoreductive therapy used to treat the overproduction of blood platelets.

**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.

**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.

**Interferon Therapy:** A type of therapy that interferes with the ability of viruses to reproduce and also boosts the immune system.

**Ropeginterferon alfa-2b (Besremi):** FDA-approved treatment for patients with polycythemia vera (PV).

**Phlebotomy:** Removal of blood from the veins in order to lower blood volume and reduce excess red blood cells.

**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.

**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.
## 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.

## Pillars of Managing MPN Care

- Quality of Life
- Complications
- Disease Progression
- Managing Side Effects

## MPN Treatment Types

- **Aspirin**
- **Biologic Agents** (e.g., Interferon)
- **Cytoreductive Chemotherapy** (e.g., Hydroxyurea)
- **Hypomethylating Agents**
- **JAK Inhibitors**
- **Phlebotomy**
- **Clinical Trials**

## Steps to Choosing an MPN Treatment

1. Identify and Confirm Diagnosis
2. Define the Patient Goals
3. Review Treatment Options Available
4. Weigh the Pros and Cons of Each

### JAK Inhibitors

**JAK Inhibitors: A class of therapy that interferes with the activation of the JAK-STAT pathway.**

- **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.

## MORE TOOLS FOR EMPOWERMENT

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast

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**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.**

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