

CHOOSING AN MPN TREATMENT: WHAT OPTION IS BEST FOR YOU?

The Pro-Active MPN Patient Toolkit



Classic Myeloproliferative Neoplasms (MPNs) Include:

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

View more from **The Pro-Active MPN Patient Toolkit** [here](#).

KEY TESTS FOLLOWING AN MPN DIAGNOSIS

Complete Blood Count (CBC): Blood test used to evaluate one's overall health and to detect a wide range of disorders. CBC measures several features of the blood, including red blood cells, white blood cells, hematocrit, hemoglobin, and platelets.

Bone Marrow Biopsy: 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 a diagnosis and may be used to monitor the disease over time.

Genetic Testing (Molecular Profiling): Laboratory testing that identifies certain genes, proteins or other molecules in a sample of tissue, blood, or other body fluid. In cancer, it may also be used to evaluate treatment or to make a prognosis.

WHAT IS SHARED DECISION-MAKING?

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.

CONSIDERATIONS WHEN CHOOSING TREATMENT

- Age
 - Co-morbidities
 - Gene Mutations
 - Vascular Risk
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GLOSSARY OF TERMS

Cytogenetics: The testing of blood, bone marrow, or tissue in order to identify changes in chromosomes, which can aid in the diagnosis of diseases and some types of cancer. Cytogenetics can also be used to determine treatment plans and the effectiveness of disease therapy.

Cytoreductive Therapy: Treatment to reduce the amount of cells the bone marrow is producing in order to control blood counts.

Gene Mutation: A permanent change in the DNA sequence that makes up a gene. Changes can occur due to mistakes when the DNA is copied or as the result of environmental factors.

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

Stem Cell Transplant: Also called a bone marrow transplant, 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.