

THE PRO-ACTIVE MPN PATIENT TOOLKIT

Find Your Voice Resource Guide



KEY STEPS FOLLOWING AN MPN DIAGNOSIS

- Verify your diagnosis / get a second opinion.
 - Educate yourself about your diagnosis.
 - Learn your risk.
 - Review available treatment options with your doctor.
 - Ask your family and friends for support.
-

STEPS TO CHOOSING TREATMENT

1. Identify and confirm the diagnosis (ET, PV, or MF).
 2. Define your treatment goals.
 3. Review treatment options available and weigh the pros and cons of each.
-

AVAILABLE MPN TREATMENT TYPES

Treatment approaches vary by a diagnosis of ET, PV, or MF. In some cases, the treatment choices may overlap, depending on your unique disease. Talk with your doctor about what is best for you. Treatment types include:

- Aspirin
 - Biologic agents (e.g., Interferon)
 - Cytoreductive chemotherapy (e.g., Hydroxyurea)
 - Hypomethylating agents
 - JAK inhibitors
 - Phlebotomy
 - Clinical trials: Visit www.clinicaltrials.gov to find out if there might be a trial that's right for you.
-

GLOSSARY OF TERMS

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

Hematocrit (hct): The volume percentage of red blood cells in the blood.

JAK2 (JAK2V617F) Mutation: An acquired mutation in the majority of patients with myeloproliferative neoplasms. The mutation is found in approximately 50% of myelofibrosis (MF) and essential thrombocythemia (ET) patients and 95% of polycythemia vera (PV) patients.

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.

Thrombotic Event: Formation of a blood clot in a blood vessel that may obstruct the blood flow of the circulatory system.