

### MPN Resources

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| <ul style="list-style-type: none"> <li>▪ CancerGRACE</li> <li>▪ Cancer Support Community</li> <li>▪ Canadian MPN Network</li> <li>▪ MPN Research Foundation</li> <li>▪ MPN Voice</li> </ul> | <ul style="list-style-type: none"> <li>▪ National Cancer Institute</li> <li>▪ National Organization for Rare Disorders</li> <li>▪ Silver MPN Center</li> <li>▪ The Leukemia &amp; Lymphoma Society (LLS)</li> <li>▪ The PAN Foundation</li> </ul> |
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### 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.

#### Factors That Impact MPN Treatment May Include

- The type of MPN - ET, PV, or MF
- A patient's age and overall health
- Test results, including genetic test results
- Disease symptoms
- Potential treatment side effects
- Pre-existing health issues or comorbidities

#### Questions to Ask About a Treatment Plan

- How is the treatment administered, and how often will I need treatment?
- What are the potential side effects of the treatment?
- How will the effectiveness of the treatment be monitored?
- What are options if this treatment doesn't work for me?

### 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.

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

**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.

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

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

**Pruritis:** Severe itching of the skin, a common and challenging symptom for patients with PV.

Thrive MPNs is brought to you by the Patient Empowerment Network. Funding is provided by an unrestricted educational grant from AbbVie, Inc., AceCancer, Incyte, and through generous donations from people like you.



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