### MPN Resources

- CancerGRACE
- Cancer Support Community
- Canadian MPN Network
- MPN Research Foundation
- MPN Voice
- National Cancer Institute
- National Organization for Rare Disorders
- Silver MPN Center
- The Leukemia & Lymphoma Society (LLS)
- The PAN Foundation

### 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.