

## Advice for MPN Symptom Management

- Communicate any issues you are experiencing to your doctor.
- Evaluate where/why the side effect is happening.
- Discuss possible dose interruption, dose reduction, or a treatment holiday.

## Common Myelofibrosis Symptoms

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| <ul style="list-style-type: none"><li>▪ Anemia</li><li>▪ Bone pain</li><li>▪ Brain fog</li><li>▪ Early satiety (enlarged spleen)</li><li>▪ Fatigue</li><li>▪ Heart palpitations / chest pain</li></ul> | <ul style="list-style-type: none"><li>▪ Neuropathy</li><li>▪ Night sweats</li><li>▪ Pruritis (itching)</li><li>▪ Shortness of breath</li><li>▪ Weight loss</li></ul> |
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## Strategies for Managing Fatigue

- Treating the underlying disease.
- Supportive care options:
  - Diet/nutrition
  - Exercise
  - Yoga/meditation
- See primary care doctor to check for other reasons you may feel fatigued (thyroid issues, vitamin D levels, etc.).
- Consider a mental health checkup.

## Glossary Terms

**Anemia (iron deficiency 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.

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

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

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

**Momelotinib:** JAK inhibitor under regulatory review by the FDA seeking approval for the treatment of myelofibrosis.

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

**Watch & Wait (or Active Surveillance):** The period of time before treatment begins in which a patient is monitored for disease progression and symptoms.

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