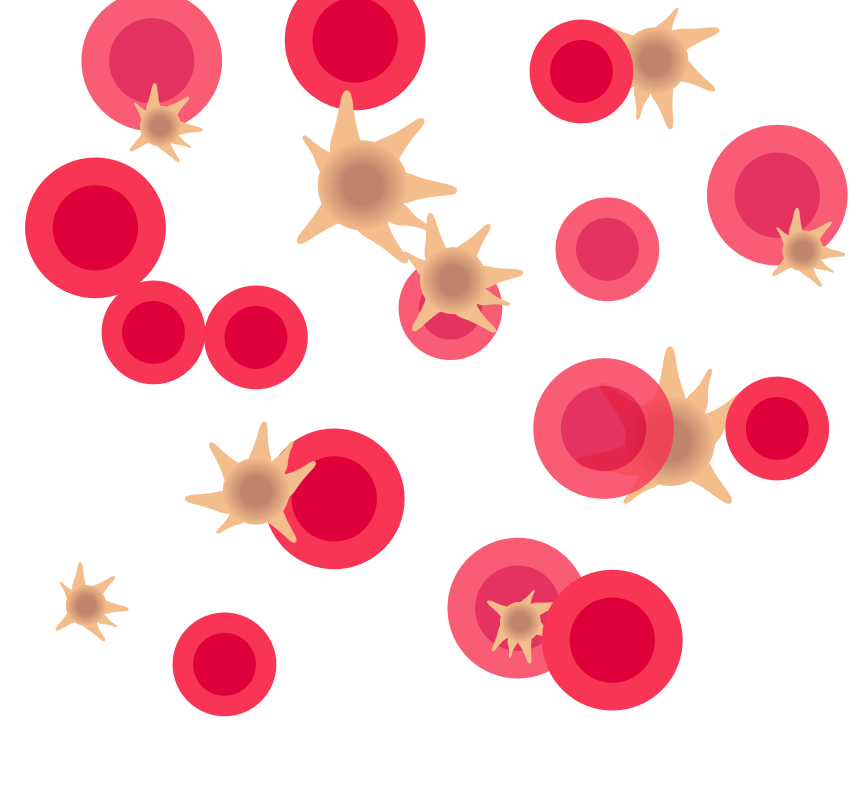


# KEY FACTS ABOUT ESSENTIAL THROMBOCYTHEMIA (ET)

(e-SEN-chel throm-bo-sigh-THEE-me-uh)

## WHAT IS ET?

ET is a specific type of myeloproliferative neoplasm, or MPN.



### ET IS:

- A rare blood cancer in which a person's body makes too many blood platelets (also known as thrombocytes)
- Platelets in patients with ET may not function appropriately, and cause a blockage in blood vessels, or less commonly, bleeding problems
- Also known as primary thrombocythemia

## HOW IS ET DIAGNOSED?

Doctors may perform tests that look for:

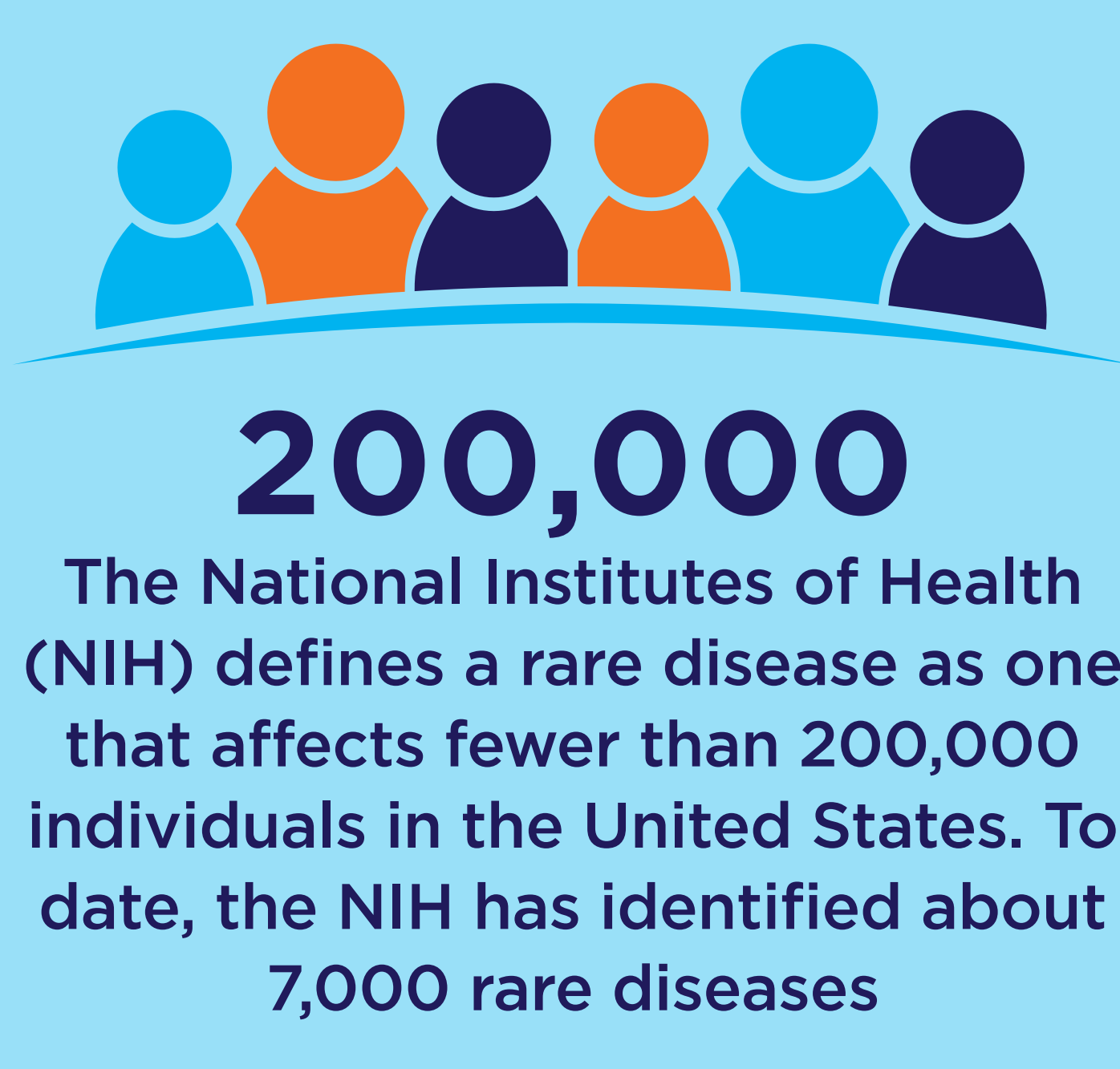
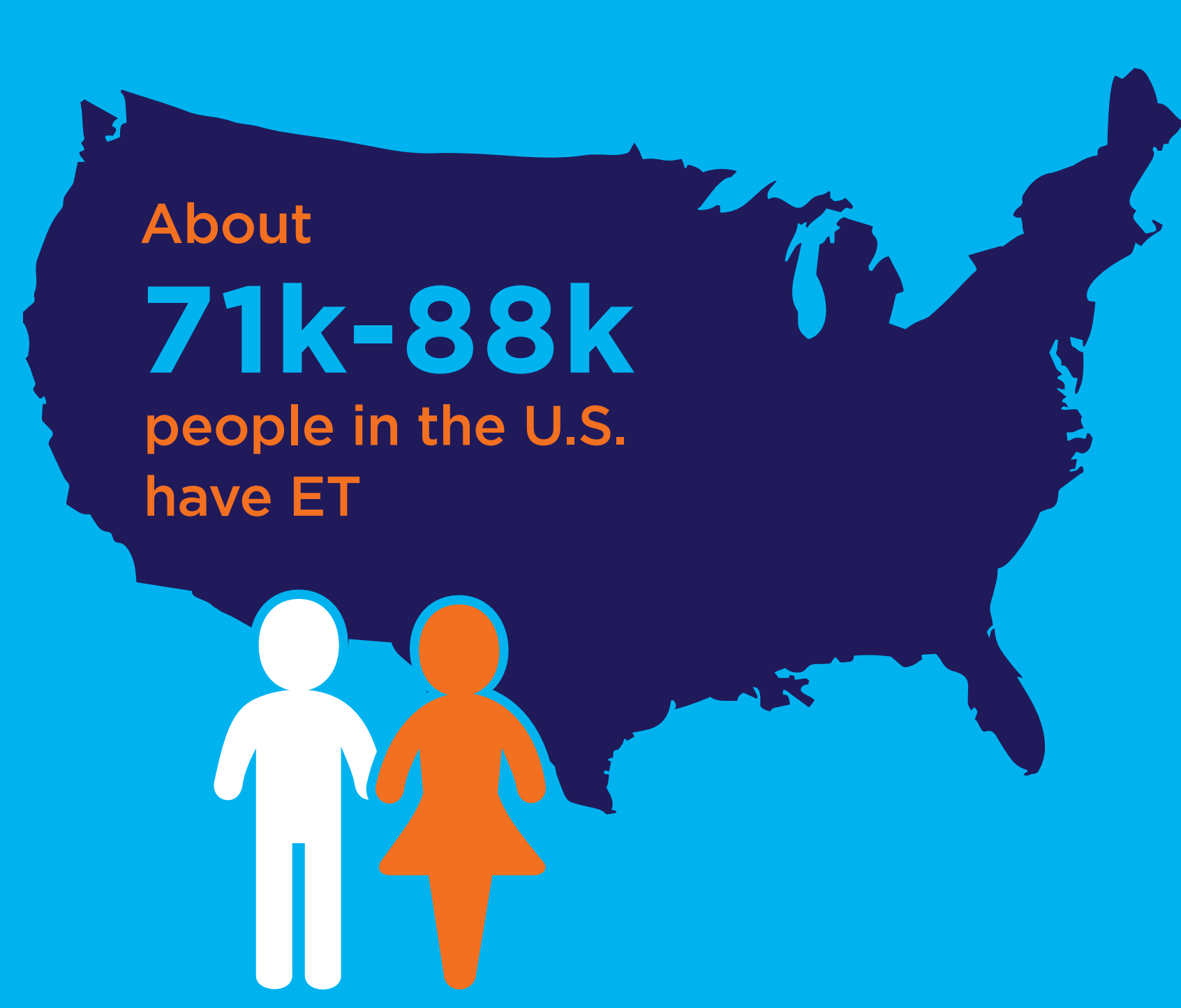
- A high platelet count that persists over time
- The presence of the *JAK2* or other genetic mutation
- No evidence of a different condition causing increased platelet counts

Some of the blood and bone marrow tests used to help confirm a diagnosis of ET may include:

- Complete blood count (CBC)
- Blood smear
- Genetic testing
- Bone marrow aspiration
- Bone marrow biopsy



## HOW COMMON IS ET?



AGE:

**0-50**

**50+**



ET is more common in people older than 50 years of age

ET is more common in women

## WHAT CAUSES ET?



The cause of ET is not fully understood

### JAK2 MUTATION

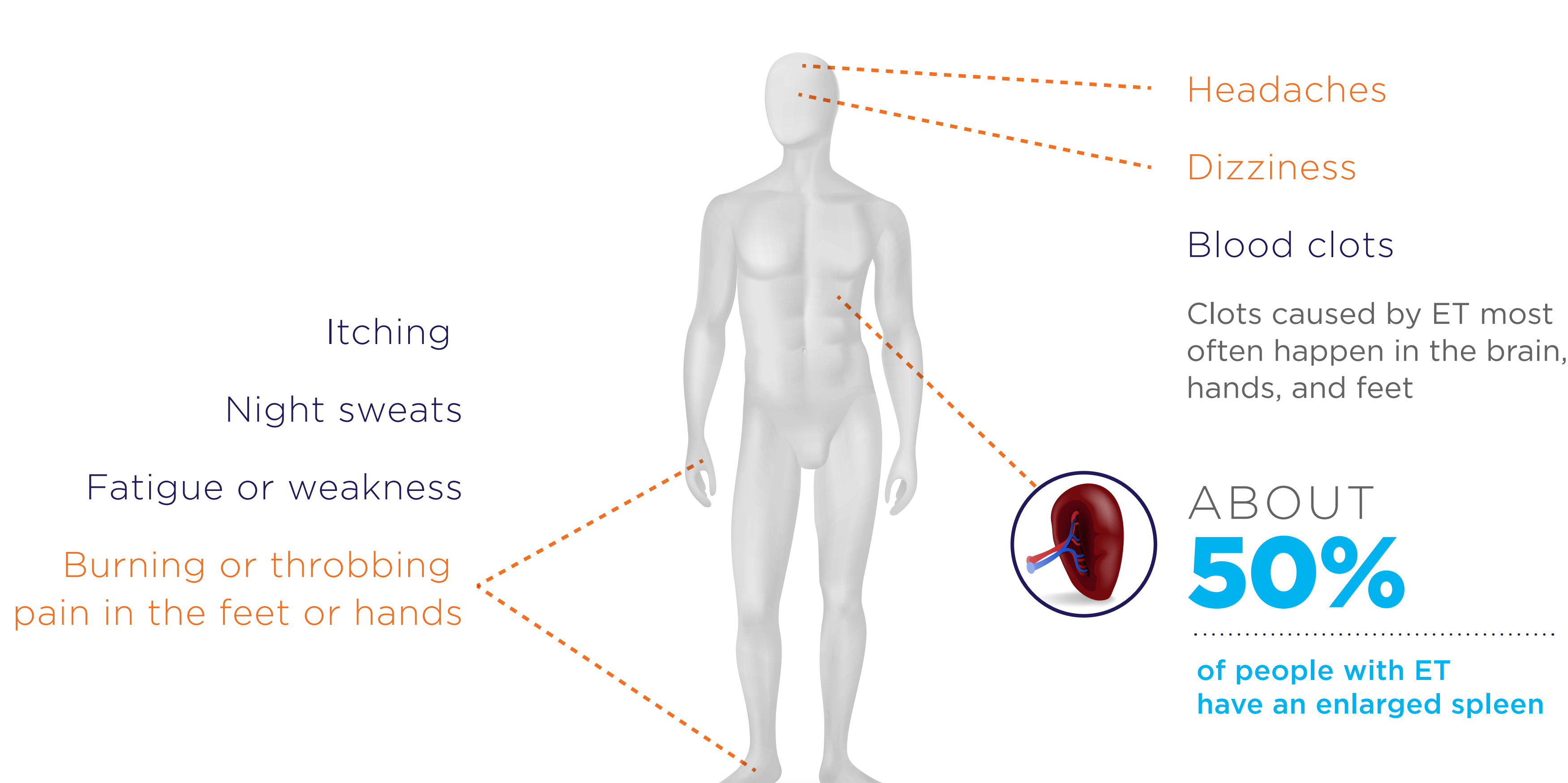
About 50% of the people with ET have a specific mutation—or change—in a certain gene in the body called the Janus Kinase 2 (*JAK2*) gene

## WHAT FACTORS AFFECT THE COURSE OF ET?

There are some factors that can affect the course or outcome of the condition. They are:

- The age of the patient
- Whether the patient has a history of a clot, or other risk factors like diabetes or high cholesterol

## WHAT ARE THE SIGNS AND SYMPTOMS OF ET?



Some people with ET have no symptoms. They may not know they have the condition until they develop a blood clot or other complication

## WHAT OTHER HEALTH PROBLEMS CAN ET CAUSE?

ET can cause more serious problems, including:

- Clotting complications
- Pregnancy complications
- Excessive bleeding
- Stroke
- Heart attack
- Progression to another MPN, such as myelofibrosis (MF)
- Progression to acute leukemia

## WHAT IS THE PROGNOSIS?

ET typically does not shorten life expectancy.

However, medical supervision is important to prevent or treat complications.

Each person's medical situation is unique and should be evaluated individually by a doctor who specializes in treating blood cancers.



## HOW IS ET MONITORED?

AGE

**< 60**

In patients under 60 who have no symptoms or other risk factors for blood clots, Healthcare Professionals may monitor for ET through routine checkups and periodic tests

In patients over 60 who have had blood clots, Healthcare Professionals will monitor with tests and may prescribe medicine to lower platelet counts

AGE

**> 60**

Each patient's condition is unique and should be evaluated individually, by his or her Healthcare Professional.

If you are affected by ET, your symptoms, blood counts, and even your feelings can help you identify where you are on your journey with ET.



To learn more, visit [VoicesOfMPN.com](https://VoicesOfMPN.com)



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