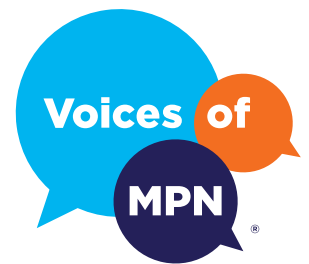


BLOOD COUNTS DISCUSSION GUIDE



Track your blood counts regularly and discuss how they compare with your target blood levels

Keeping your blood counts—particularly your platelets—at the right levels is an important goal in managing essential thrombocythemia (ET). To help manage your disease, your Healthcare Professional may also look at your white blood cells (WBCs), and hematocrit (HCT), and periodically order blood tests to monitor these counts. Tracking your blood counts enables you and your Healthcare Professional the opportunity to take steps to stabilize them, if necessary.

Your Healthcare Professional will identify your appropriate blood count targets and goals. Some recent research suggests the following blood count targets for people with ET:

- **Platelets:** 150–450 ($\times 10^9/L$)
- **Hematocrit (HCT):** 35–50%
- **White Blood Cells (WBCs):** 3.5–10.5 ($\times 10^9/L$)

The following questions may help you discuss your blood counts with your Healthcare Professional:

What are my target levels for platelets, HCT, and WBCs?

What are my management options if my platelets are above the target level?

What other factors might influence my blood test results?

Why is it important to monitor my blood cell counts?

How often should my blood cell counts get checked?

Be sure to talk to your Healthcare Professional about your results after each blood test and discuss how your individual blood results compare with your target blood levels.

To view all of these and other resources online, go to VoicesOfMPN.com

