



TRACK your essential thrombocythemia (ET) over time—this enables you to gather ongoing information about your disease status and can help you spot trends within your health.

Watch for **TRENDS** within your health when you are tracking your condition—this can help you recognize issues that you may want to discuss with your Healthcare Professional.

TALK to your Healthcare Professional about any health trends you may have noticed while tracking your ET—this helps you play a more active role in your ongoing care.

ET

Essential thrombocythemia (ET) is a rare, chronic blood cancer in which a person's bone marrow makes too many blood platelets (also known as thrombocytes), making it hard for the blood to flow. Potentially dangerous clots may form, and/or bleeding risk may increase. ET is a part of a group of diseases called **myeloproliferative neoplasms**, or MPNs.

Symptoms



TRACKING your ET symptoms can help you identify changes in your condition over time.

The MPN10 is a tool to help assess and track the **10 most clinically relevant MPN symptoms*** and their severity over time.

MPN10 Symptoms:

Fatigue (tiredness)



Inactivity



Problems concentrating



Itching (especially after a warm shower)



Fever (>100°F) 0 (absent) 10 (daily)



Early feeling of fullness with eating



Abdominal pain or discomfort



Unintentional weight loss (in the last 6 months)



Bone pain (widespread, not joint pain or arthritis)



Night sweats



*You may experience additional symptoms that affect your daily life.

Please contact your Healthcare Professional if any of your symptoms are severe.



TRENDS to watch for: changes in individual ET symptoms, several symptoms, or an increase in your overall MPN10 score over time

TALK with your Healthcare Professional on a regular basis about how your ET symptoms are affecting you and how they may be changing over time. By sharing the results of your tracking efforts, you help ensure that nothing important gets overlooked. Learn more about tracking your symptoms at **ETSymptomTracker.com**.

Blood Counts



TRACKING blood counts over time may highlight noteworthy trends for discussion with your Healthcare Professional.

Platelets

Cells that help with blood clotting



Hematocrit

Volume of red blood cells in the blood, stated as a percentage



White Blood Cells

Also called leukocytes, these cells help fight infection



Why does this matter?

In rare cases, extremely high platelet counts may lead to increased risk of bleeding

Discuss fluctuations in hematocrit and white blood cell count with your Healthcare Professional



TRENDS to watch for: a consistent change in your platelet count, hematocrit, and/or white blood cell count

TALK with your Healthcare Professional about setting blood count targets and goals that are individualized for you and be sure to discuss any trends in your counts over time. You can learn more about tracking your blood counts at **ETSymptomTracker.com**.

Procedures



TRACKING changes in the frequency of certain medical procedures can help you recognize when there may be a need to review your current ET management plan.



Platelet Apheresis

While not a routine part of ET management, this emergency medical procedure is used to temporarily lower platelet counts.



TRENDS to watch for:

Changes in the frequency of apheresis procedures

TALK with Your Healthcare Professional



Because ET is a progressive condition, it may worsen over time. Tracking your ET on a regular basis can help you spot patterns in your disease and help ensure that you're having meaningful conversations with your Healthcare Professional. Remember, when you spot a trend, it's important to share it with your Healthcare Professional and discuss the potential impact it may have on your current management plan.



Take an active role in your ongoing ET care. **TRACK** your condition, watch for meaningful **TRENDS**, and **TALK** to your Healthcare Professional about the changes you may have noticed. Use the ET tracking tool available at **ETSymptomTracker.com**.