

TRACK, TREND, TALK:

Three Important Ways to Take an Active Role in Your Care







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

TRACK your essential

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.

Essential thrombocythemia (ET) is a rare, chronic blood cancer in which

Watch for TRENDS

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.

TALK to your Healthcare



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.

TRACKING your ET symptoms can help you

Symptoms



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.

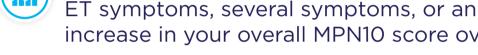
MPN10 Symptoms:



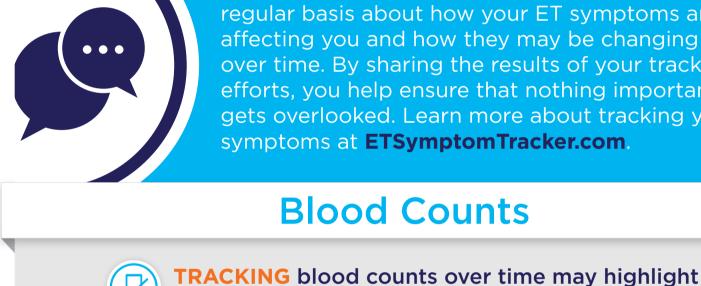
*You may experience additional symptoms that affect your daily life.

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

TRENDS to watch for: changes in individual



increase in your overall MPN10 score over time



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**

TALK with your Healthcare Professional on a

affecting you and how they may be changing

regular basis about how your ET symptoms are

Healthcare Professional.

noteworthy trends for discussion with your

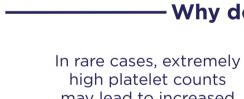


Cells that help

with blood

clotting

White **Platelets** Hematocrit **Blood Cells**



Volume of

red blood cells

in the blood,

stated as a

percentage

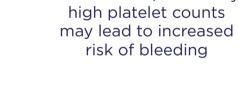
· Why does this matter? -

Also called

leukocytes, these

cells help fight

infection



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

counts over time. You can learn more about tracking

for you and be sure to discuss any trends in your

your blood counts at ETSymptomTracker.com.

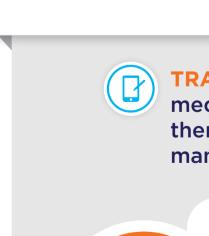
Procedures

Discuss fluctuations

in hematocrit and white

blood cell count with your

Healthcare Professional



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 -

procedure is used to temporarily lower platelet counts.

While not a routine part of ET management, this

emergency medical

TALK with Your Healthcare Professional Because ET is a progressive condition, it may worsen over

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TRENDS to

watch for:

Changes in the

frequency of

apheresis procedures

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.