Three Important Ways to Take an Active Role in Your Care

**TRACK, TREND, TALK:**

**TRACK** your condition over time—this enables you to

gather ongoing information about your disease status

and can help you spot trends within your health.

**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.

**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.

**Symptoms**

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.

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

**Blood Counts**

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

**TRENDS** to watch for:

- **Changes in individual ET symptoms, several symptoms, or an increase in your overall MPN10 score over time**

- **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.

**Why does this matter?**

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.

*TRENDS to watch for:

- **Why does this matter?**

**Procedures**

**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.

**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.