

# EMPLOYMENT & PRODUCTIVITY

## THE IMPACT OF MPNS ON EMPLOYMENT & PRODUCTIVITY

**Myeloproliferative neoplasms (MPNs)** are a group of rare, chronic blood cancers in which a person's bone marrow does not function properly. Three "classic" MPNs are **myelofibrosis (MF)**, **polycythemia vera (PV)**, and **essential thrombocythemia (ET)**.

Maintaining a productive life can be a major challenge for patients with MPNs. The MPN LANDMARK SURVEY\*—a large-scale analysis of patients with MPNs and Healthcare Professionals (HCPs) who treat these rare, chronic blood cancers (813 patients; 457 hematologists/oncologists)—is the first study to extensively evaluate the effects of MPNs on productivity and employment.

Patients with MPNs experience a broad array of symptoms. Many patients surveyed in LANDMARK reported that their MPN-related symptoms reduced their quality of life.

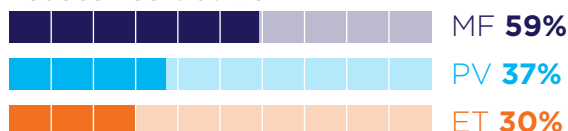
Most patients reported feeling anxious or worried about their MPN and many reported that their disease limited productivity, including reduced work hours, calling in sick to work, and/or leaving their job. About half of patients surveyed (MF 61%; PV 52%; ET 45%) reported that their activities were limited by pain or discomfort.

This information is intended to encourage MPN patients to communicate the impact of their symptoms on productivity and employment with their HCP and work together to ensure their treatment plan addresses their needs.

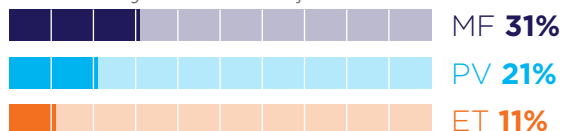
### IMPACT ON EMPLOYMENT

MF patients who were working after their diagnosis said their disease caused them to reduce their hours at work, voluntarily leave their job, or take early retirement.

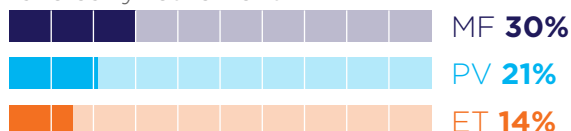
Reduce hours at work:



Voluntarily leave their job:



Take early retirement:



■ MF ■ PV ■ ET

### IMPACT ON PRODUCTIVITY

Patients surveyed were asked if they had experienced lost productivity at work and at home over the last 30 days.

Patients who reported canceling at least one planned activity over the past month:

MF **41%** PV **30%** ET **29%**  
**An average of 5 activities a month**

Patients who spent at least one day in bed (all or most of the day) over the past month:

MF **32%** PV **23%** ET **24%**  
**An average of 6 days per month**

Patients who reported days sick from work over the past month:

MF **29%** PV **19%** ET **22%**  
**An average of 3 days per month**

\*The MPN LANDMARK SURVEY was funded by Incyte Corporation.

## STEPS YOU CAN TAKE†

- **Tell your Healthcare Professional (HCP) about your symptoms so they can fully appreciate how your disease affects you.**
  - Even patients with low symptom burdens can experience a significant impact on their quality of life. Be sure to communicate all of your symptoms to your HCP.
  - Talk to your HCP about how your disease affects your productivity, employment, and daily activities.
  - Having a chronic illness like an MPN can create great stress and uncertainty. Tell your HCP how your disease is affecting you emotionally (ie, feeling anxious, worried, depressed, etc).
- **Take care of yourself.**
  - Have realistic expectations and reserve your energy for the things that matter most to you. Get plenty of rest before important events.
  - Share your thoughts and feelings with family and friends and don't be afraid to ask for help.
  - Find support in your community and through patient advocacy organizations.
  - Talk to a trained counselor (your HCP can recommend one) if you're feeling overwhelmed with depression or anxiety.

†This information is not intended as a substitute for professional medical advice..

