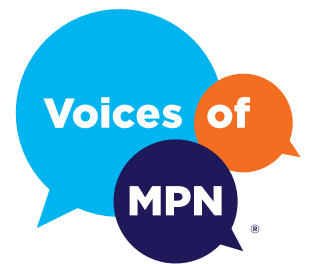


BLOOD COUNTS DISCUSSION GUIDE



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

Keeping your blood counts at the right levels is an important goal in managing myelofibrosis (MF). 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 MF:

- **Hemoglobin:** 12–17.5 g/dL
- **Hematocrit (HCT):** 35–50%
- **White Blood Cells (WBCs):** 3.5–10.5 ($\times 10^9/L$)
- **Platelets:** 150–450 ($\times 10^9/L$)

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

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

What are my management options if my hemoglobin, HCT, WBCs, or platelets are not within the target level?

What factors might influence my blood test results?

Why is it important to monitor my blood cell counts to keep MF controlled?

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

