

Three Important Ways to Take an Active Role in Your Care



TRACK your myelofibrosis (MF) over time—this provides a continuing record of your condition and can help you recognize trends within your health.

Watch for **TRENDS** within your health when you are tracking your condition—this can help you spot any potential health concerns 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 MF—this helps you take an active role in managing your ongoing care.

MF

Myelofibrosis, or **MF**, is one of a group of rare, chronic blood cancers known as **myeloproliferative neoplasms**, or **MPNs**. People with MF have a defect in their bone marrow that results in an abnormal production of blood cells, causing scar tissue to form.

Symptoms



TRACKING your MF symptoms can help you keep a closer watch on 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: new symptoms appearing or changes in existing MF symptoms, or an increase in your overall MPN10 score over time

TALK regularly with your Healthcare Professional about how your MF symptoms are affecting you and discuss any changes that you've noticed over time. Sharing this information helps ensure that nothing important gets missed. Learn more about tracking your symptoms at **MFSymptomTracker.com**.

Blood Counts



TRACKING your blood counts over time may highlight trends that may warrant discussion with your Healthcare Professional.

Hemoglobin

Oxygen-carrying protein in red blood cells



Hematocrit

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



White Blood Cells

Also called leukocytes, these cells help fight infection



Platelets

Cells that help with blood clotting



Why does this matter?

Low hemoglobin and low hematocrit may indicate that your body is not making enough red blood cells (anemia), which can cause certain symptoms in people with MF

A low white blood cell count may impact your ability to fight infection

Low platelets may affect your body's ability to form blood clots and may lead to bleeding



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

TALK with your Healthcare Professional about identifying blood count targets and goals that are right for you and be sure to discuss any trends in your counts over time. Learn more about tracking your blood counts at **MFSymptomTracker.com**.

Procedures



TRACKING changes in the frequency of certain medical procedures may reveal a need to review your current MF management plan.

Blood Transfusions

A blood transfusion is a common intravenous (IV) medical procedure that provides a person with donated blood. For people with MF, periodic blood transfusions can help increase red blood cell count and reduce certain symptoms that may be related to anemia (low red blood cell count).



TRENDS to watch for: changes in the frequency of blood transfusions

TALK with Your Healthcare Professional

Because MF is a progressive condition, it may worsen over time. That's why tracking your MF on a regular basis can help you recognize trends in your disease status. This can help you take an active role in your care—and feel more in control of your ongoing disease status. Remember, when you spot a trend, it's important to share this information with your Healthcare Professional and discuss how it may impact your current management plan.



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