Three Important Ways to Take an Active Role in Your Care

TRENDS to watch for:
- New symptoms appearing or changes in existing MF symptoms
- An increase in your overall MPN10 score over time
- Changes in the frequency of blood transfusions

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

Symptoms

**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 and causes scar tissue to form.

**MPN10 Symptoms:**
- You may experience additional symptoms that affect your daily life.
- Please contact your Healthcare Professional if any of your symptoms are severe.

**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

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

**TRACK** your blood counts over time to get a continuing record of your condition and can help you recognize trends within your health. This can help you take an active role in your care and be more in control of your disease.

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

Procedures

**Blood Transfusions**

A blood transfusion is a common intravenous (IV) medical procedure that provides a person with donated blood.

**TRENDS** to watch for:
- Changes in the frequency of blood transfusions

**TALK** with 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.

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

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