



— IS YOUR PV —

UNDER CONTROL?

A DISCUSSION GUIDE FOR PATIENTS AND THEIR HEALTHCARE PROFESSIONALS

Polycythemia vera, or PV, is a rare blood cancer in which the body makes too many blood cells. PV is a chronic, progressive disease. That means it doesn't go away and that it may get worse over time. It's important to keep your PV under control to reduce the risk of complications and to help you feel better.

As you work with your Healthcare Professional to manage your disease, it is important to be aware of your blood counts, how you feel, and how PV affects your daily life.

Complete the enclosed questions to help guide conversations with your Healthcare Professional.

QUESTIONS TO ASK YOUR HEALTHCARE PROFESSIONAL

1 What are my treatment goals?

2 What are my blood count targets?

Hematocrit (red blood cell volume): _____

White blood cell count: _____

Platelet count: _____

Other: _____

3 What are my blood counts?

Hematocrit (red blood cell volume): _____

White blood cell count: _____

Platelet count: _____

Other: _____

4

What is my treatment plan to keep my PV under control?

Did you know?

Hematocrit is a measure of red cells in the blood and is stated as a percentage. A key sign that your PV is not being controlled is a hematocrit level above 45%. PV treatments reduce hematocrit levels. Medical research suggests that for people with PV, the hematocrit should be below 45% to reduce the risk of complications like heart attack or stroke. Your Healthcare Professional may have a different hematocrit target for you based on your individual case. At your next appointment, ask about your current hematocrit level and whether your PV is under control.

BE SURE TO TELL YOUR HEALTHCARE PROFESSIONAL IF YOU EXPERIENCE:

Common PV Symptoms:

- 1 Tiredness or fatigue YES NO
- 2 Itching, especially after a warm shower YES NO
- 3 Excessive sweating (at night or during the day) YES NO

Symptoms related to an enlarged spleen in PV:

- 1 Pain or discomfort under your left ribs YES NO
- 2 Feeling full when you haven't eaten or have eaten very little YES NO

Other Considerations:

- 1 Any side effects from your current medications YES NO
- 2 Have you needed phlebotomy in addition to other treatments? YES NO

If you have answered YES to any of these questions, it is important to talk to your Healthcare Professional to understand if your PV is under control.

Be sure to mention any symptoms you have, even if you are not sure the symptoms are related to your PV. Talking to your Healthcare Professional about your symptoms helps you both:

- Understand how PV is affecting you
- Follow how your PV is changing over time
- Discuss options for managing your PV



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