



# POLYCYTHEMIA VERA SYMPTOM ASSESSMENT FORM

A tool for tracking your polycythemia vera (PV) symptoms

## Know your PV symptoms

There are 3 important words you need to know to identify your symptoms:

**SYMPTOM:** Which symptom are you experiencing?

**SEVERITY:** How severe is the symptom?

**IMPACT on quality of life:** How is it affecting your daily life?

Sharing this information with your healthcare professional will give them a better understanding of how your PV is making you feel and how to help you manage symptoms.



Watch a video and take a real-time assessment of your PV symptoms with a leading MPN expert.

Dr John Mascarenhas

## Cytokine symptoms

### 1 FATIGUE AND INACTIVITY

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

How much has your fatigue or inactivity influenced your daily life? Are there activities that you were able to do 3 months ago that you struggle with now?

### 2 NIGHT SWEATS

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

How many times in the last week have you experienced night sweats that have woken you up or required you to change your sheets or clothing?

### 3 ITCHING

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

Have you noticed changes in your skin, particularly itching? For example, when you shower, do you ever feel itchy afterwards? How often?

### 4 BONE PAIN

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

Have you felt any deep achiness throughout your body that caused you to limit your activities?

### 5 UNPLANNED WEIGHT LOSS

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

Have you been losing weight without trying? Do your regular clothes not fit you anymore?



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## Cytokine symptoms (continued)

### 6 FEVER (>100°F)

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

Have you been experiencing fevers over 100°F? How often? For how long?

Report fevers over 100°F to your healthcare professional.

## Hyperviscosity-related symptoms

### 1 CONCENTRATION PROBLEMS

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

How often have you felt brain fog (memory lapses, problems remembering) or inability to pay attention?

## Enlarged spleen-related symptoms

### 1 ABDOMINAL SWELLING/DISCOMFORT

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

Have you had abdominal discomfort, particularly after eating?

### 2 REDUCED APPETITE

**SEVERITY** (Check one box)

☐ None ☐ Mild ☐ Moderate ☐ Severe

Have you felt full quickly after meals? How much weight have you lost over the past 6 months?

After filling out this form, share your responses with your healthcare professional.

## Glossary

**CYTOKINE:** A type of protein in the body that has an effect on the body's immune system. When your body has too many of these proteins, you may experience various symptoms related to PV. **HYPERVISCOSITY:** A condition where the overproduction of red blood cells in the body causes the blood to thicken, making it harder to flow through smaller blood vessels.



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