

# RECOGNIZING SYMPTOMS

## RECOGNIZING YOUR MPN SYMPTOMS

The MPN LANDMARK SURVEY\* is a large-scale analysis of patients with **myeloproliferative neoplasms (MPNs)** and Healthcare Professionals (HCPs) who treat these rare, chronic blood cancers (813 patients; 457 hematologists/oncologists). The results from LANDMARK provide new information that validates previous findings about the effect of MPN symptoms and their impact on the lives of patients, even those with low-risk MPNs.

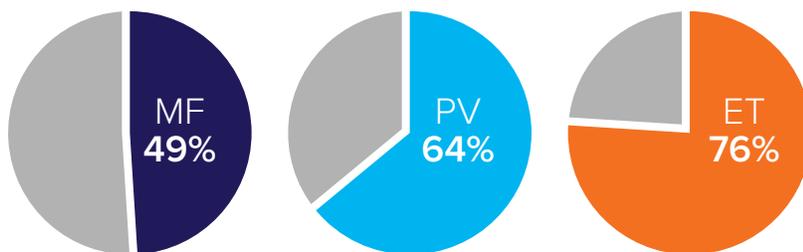
Fatigue is a symptom of particular note. Across diseases it was reported as the most common and severe symptom, and the one that patients most wanted to resolve. Symptoms such as fatigue can be vague and challenging to quantify. It is difficult to measure tiredness and its impact on daily life. In addition to physical symptoms, patients in the survey reported emotional difficulties—feeling irritable, angry or depressed.

Many patients surveyed suffered with their MPN symptoms for a year or more before diagnosis. LANDMARK helps to confirm that MPN symptoms have a significant, negative impact on daily activities and quality of life, often resulting in limited or canceled family and/or social activities. For some, it means having to miss days from work, reduce hours, or even leave their job. These issues create stress, anxiety, and financial hardship for MPN patients. This information is intended to help patients validate the impact of MPN symptoms and know that they are not alone.

## SYMPTOM RECOGNITION

Patients in the survey often did not recognize the connection between certain symptoms they were experiencing and their MPN. For example, patients with MPNs often have difficulty sleeping; however, some patients who reported this symptom did not realize it was related to their MPN.

MPN patients who did not recognize that their MPN may cause difficulty sleeping:



\*The MPN LANDMARK SURVEY was funded by Incyte Corporation.

# MPN SYMPTOMS REPORTED BY PATIENTS IN THE LANDMARK SURVEY

## MF Symptoms

- Fatigue
- Bone pain
- Early satiety
- Unintentional weight loss
- Abdominal discomfort
- Night sweats
- Inactivity
- Abdominal pain
- Itching (pruritus)
- Problems with concentration
- Dizziness/vertigo/lightheadedness
- Fever (>100°F)
- Numbness/tingling in hands/feet
- Depression or sad mood
- Difficulty sleeping
- Problems with headaches
- Problems with sexual desire
- Cough

## PV Symptoms

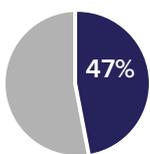
- Fatigue
- Itching (pruritus)
- Difficulty sleeping
- Day/night sweats
- Dizziness/vertigo/lightheadedness
- Numbness/tingling in hands/feet
- Bruising
- Hypertension
- Facial flushing
- Muscle aches
- Problems with concentration
- Abdominal discomfort
- Depression or sad mood
- Shortness of breath
- Problems with sexual desire
- Problems with headaches
- Cough
- Bone pain
- Inactivity
- Early satiety
- Double or blurred vision
- Blood clot
- Abdominal pain
- Nose bleeds
- Unintentional weight loss
- Fever (>100°F)
- Stroke

## ET Symptoms

- Fatigue
- Bruising
- Numbness/tingling in hands/feet
- Difficulty sleeping
- Dizziness/vertigo/lightheadedness
- Night sweats
- Depression or sad mood
- Problems with concentration
- Problems with headaches
- Itching (pruritus)
- Abdominal discomfort
- Hypertension
- Muscle aches
- Bone pain
- Weakness
- Problems with sexual desire
- Vision changes
- Early satiety
- Cough
- Abdominal pain
- Redness, throbbing/burning pain in hands/feet
- Inactivity
- Nose bleeds
- Blood clot
- Unintentional weight loss
- Stroke
- Fever (>100°F)

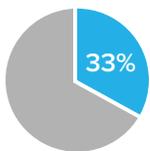
Listed in order of how commonly each was reported in the survey

## MPN SYMPTOMS PATIENTS MOST WANT TO RESOLVE



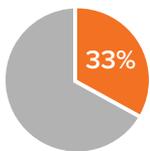
MF

1. **Fatigue 47%**
2. Abdominal discomfort
3. Bone pain



PV

1. **Fatigue 33%**
2. Itching
3. Difficulty sleeping



ET

1. **Fatigue 33%**
2. Hypertension
3. Hand/feet numbness

## STEPS YOU CAN TAKE†

- Understand how your symptoms are affecting you on an emotional level (ie, stress, anxiety).
- Discuss the symptoms that affect you with your loved ones and HCP.
- Don't downplay your symptoms when discussing them with your HCP.
- Monitor your symptoms with a **symptom tracking tool**.
- Be aware of symptoms that signal a complication or worsening of your condition.

†This information is not intended as a substitute for professional medical advice.

