



TRACK your polycythemia vera (PV) over time—this provides an ongoing record of your disease status and can help you spot trends within your health.



Watch for **TRENDS** within your health when you are tracking your condition—this can help identify issues that may warrant discussion with your Healthcare Professional.



TALK to your Healthcare Professional about any health trends you may have noticed while tracking your PV—this helps you play a more active role in your ongoing care.

PV

Polycythemia vera (PV) is a rare, chronic blood cancer where the bone marrow produces too many red blood cells. You may also have too many white blood cells and platelets (blood clotting cells) in your blood. PV is part of a group of diseases called **myeloproliferative neoplasms**, or MPNs.

Symptoms



TRACKING your PV symptoms can help you monitor 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: changes in individual PV symptoms, several symptoms, or an increase in your overall MPN10 score over time

TALK with your Healthcare Professional regularly about how your PV symptoms are affecting you and how they may be changing over time. Sharing all of your results helps ensure that nothing important gets overlooked. Learn more about tracking your symptoms at [PVSymptomTracker.com](https://pvsymptomtracker.com).

Blood Counts



TRACKING your blood counts over time may highlight noteworthy trends for discussion with your Healthcare Professional.

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?

High hematocrit may be associated with an increased risk of blood clots, which can lead to heart attack, stroke, or other clotting complications

High white blood cell count (also called leukocytosis) may increase the risk of blood clots in patients with PV

In rare cases, extremely high platelet counts may lead to increased risk of bleeding



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

TALK with your Healthcare Professional about setting individualized blood count targets and goals for you and be sure to discuss any trends in your counts over time. Learn more about tracking your blood counts at [PVSymptomTracker.com](https://pvsymptomtracker.com).

Procedures



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



Phlebotomy

A procedure in which your hematocrit is lowered by removing blood from your body. This process is similar to that of donating blood.



TRENDS to watch for:

Changes in frequency or less effective in maintaining hematocrit control

TALK with Your Healthcare Professional



Because PV is a progressive condition, it may worsen over time. Tracking your PV can help you identify any trends in your disease and help ensure that you're having the right conversations with your Healthcare Professional. Remember, when you spot a trend, it's important to share this information with your Healthcare Professional and discuss any impact it may have on your current management plan.



Take an active role in your ongoing PV care. **TRACK** your condition, watch for meaningful **TRENDS**, and **TALK** to your Healthcare Professional about the changes you may have noticed. Use the PV tracking tool available at [PVSymptomTracker.com](https://pvsymptomtracker.com).