**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.

**MPN10 Symptoms:**

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

**Tracking Your PV Symptoms**

- TRACKING your PV symptoms can help you monitor your condition over time.
- Tracking changes in the frequency of certain medical procedures may reveal a need to review your current PV management plan.

**Blood Counts**

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

**Blood Cells**

- **White Blood Cells**
  - Also called leukocytes, these cells help fight infection.

- **Platelets**
  - Cells that help with blood clotting.

**Hematocrit**

- Volume of red blood cells in your blood, stated as a percentage.

**Why does this matter?**

- 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.

**TALK with Your Healthcare Professional**

- 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.

**Fatigue** (tiredness)

- Inactivity
- Problems concentrating
- Itching (especially after a warm shower)
- 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)
- Fever (>100°F) 0 (absent) 10 (daily)
- Night sweats

**Phlebotomy**

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

**Three Important Ways to Take an Active Role in Your Care**

- **TRACK** your condition over time—this provides an ongoing record of your disease status and can help you spot trends within your health.
- **TALK** to your Healthcare Professional about risks you may be facing and how they may be changing over time. Sharing all of your results helps ensure that nothing important gets overlooked.
- **TREND** to watch for changes in individual PV symptoms, several symptoms, or an increase in your overall MPN10 score over time.