**KEY FACTS ABOUT MYELOFIBROSIS (MF)**

(My-ah-lo-fye-BRO-sis)

### WHAT IS MF?

**MF is a specific type of myeloproliferative neoplasm, or MPN**

Myelofibrosis is a chronic blood cancer in which scar tissue forms in the bone marrow and impairs its ability to produce normal blood cells

**MF IS:**
- A rare blood cancer
- A serious, chronic condition
- Progressive

### HOW IS MF DIAGNOSED?

There are different things your doctor may do to diagnose myelofibrosis, such as:

- **Order various blood tests**
- **Perform imaging tests, like ultrasound or MRI**
- **Conduct bone marrow biopsy**
- **Order genetic testing**
HOW COMMON IS MF?

About 16k-18.5k people in the United States have been diagnosed with MF

WHAT CAUSES MF?

MF may be associated with changes in certain genes, called “mutations”

In MF, the bone marrow produces abnormal stem cells due to a change (or mutation) in the DNA. As they divide, they pass along the mutation to the new cells.

Eventually, abnormal cells crowd out normal, healthy cells and disrupt the production of red and white blood cells, and platelets.

Between 50% and 60% of people with MF have a specific mutation of the Janus Kinase 2 gene (JAK2).

About 200,000 people have been diagnosed with MF. The National Institutes of Health (NIH) defines a rare disease as one that affects fewer than 200,000 individuals in the United States. To date, the NIH has identified about 7,000 rare diseases.

AGE:

0-50: Can occur at any age; however, patients are usually over age 50 when they are diagnosed

50+: Occurs in both men and women

JAK2 MUTATION

Between 50% and 60% of people with MF have a specific mutation of the Janus Kinase 2 gene (JAK2).
WHAT ARE THE SIGNS AND SYMPTOMS OF MF?

- Fatigue
- Night sweats
- Bone/muscle pain
- Itching
- Abdominal/back pain
- Gout

About one third of MF patients have no symptoms at diagnosis.

An enlarged spleen may cause some symptoms of MF, including:
- Pain or discomfort in the abdomen or under the left ribs
- Early feeling of fullness

WHAT OTHER HEALTH PROBLEMS CAN MF CAUSE?

MF CAN ALSO CAUSE MORE SERIOUS COMPLICATIONS, INCLUDING:
- Heart attack or stroke
- Infections
- Bleeding complications
- Increased pressure on blood flow to the liver (portal hypertension)
- Progression to leukemia
WHAT IS THE PROGNOSIS?

The prognosis varies widely in patients with MF. Each patient's prognostic risk factors should be evaluated individually. These factors may include:

- Being over age 65
- The presence of certain symptoms
- Having a higher than normal level of certain types of white blood cells
- Having a lower than normal level of platelets
- Anemia

Patients are advised to discuss prognosis with their doctors.

HOW IS MF MONITORED?

Healthcare Professionals rely on regular blood work and monitoring to help detect any changes in their patients' condition. New or worsening symptoms should be reported to a Healthcare Professional.

If you are affected by MF, your symptoms, blood counts, and even your feelings can help you identify your MF State of Mine—or where you are on your journey with MF.

WHAT IS YOUR MF STATE OF MINE?

To learn more, visit www.VoicesofMPN.com

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