

TRACK, TREND, TALK:

Three Important Ways to Take an Active Role in Your Care







TRACK your myelofibrosis (MF) over time—this provides a continuing record of your condition and can help you recognize trends within your health.

your health when you are tracking your condition this can help you spot any potential health concerns that you may want to discuss with vour Healthcare Professional.

Watch for **TRENDS** within

TALK to your Healthcare Professional about any health trends you may have noticed while tracking your MF—this helps you take an active role in managing your ongoing care.

Myelofibrosis, or MF, is one of a group of rare, chronic blood cancers known as myeloproliferative neoplasms, or MPNs. People with MF have a defect in their bone marrow that results in an abnormal production of blood cells, causing scar tissue to form.

Symptoms

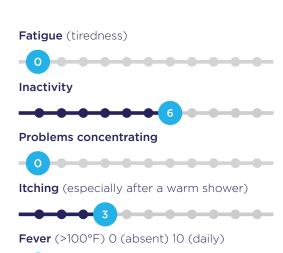
TRACKING your MF symptoms can help you



keep a closer watch on 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:





*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: new symptoms appearing or changes in existing MF symptoms, or an

increase in your overall MPN10 score over time



TALK regularly with your Healthcare Professional about how your MF symptoms are affecting you and discuss any changes that you've noticed over time. Sharing this information helps ensure that

nothing important gets missed. Learn more about

tracking your symptoms at MFSymptomTracker.com.

highlight trends that may warrant discussion with your Healthcare Professional.

Blood Counts

TRACKING your blood counts over time may



Oxygen-carrying

protein in red

blood cells

White Hematocrit **Blood Cells** Hemoglobin





Volume of red

blood cells in the

blood, stated as

a percentage

infection

Also called

leukocytes, these

cells help fight

Platelets

Cells that help

with blood

clottina

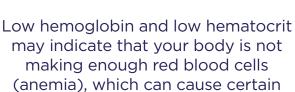
Low platelets

may affect your

body's ability to

form blood clots and

may lead to bleeding



TRENDS to watch for: a consistent change

in your hemoglobin, hematocrit, white blood

- Why does this matter?

cell count, and/or platelet count

symptoms in people with MF

TALK with your Healthcare Professional about

blood counts at MFSymptomTracker.com.

Procedures

identifying blood count targets and goals that are

counts over time. Learn more about tracking your

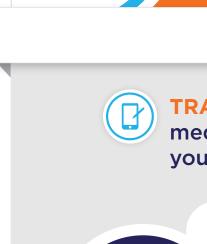
right for you and be sure to discuss any trends in your

A low white blood

cell count may

impact your ability

to fight infection



TRACKING changes in the frequency of certain medical procedures may reveal a need to review your current MF management plan. **Blood Transfusions -**

> A blood transfusion is a common intravenous (IV) medical procedure that provides a person with donated blood. For people with MF, periodic blood transfusions can help increase red blood cell count and reduce certain symptoms



that may be related to anemia (low red blood cell count).

TRENDS to watch for: changes in the frequency of blood transfusions

Because MF is a progressive condition, it may worsen over time. That's why tracking your MF on a regular basis can help you recognize trends in your disease status. This can help you take an active role in your care—and feel more in control of your ongoing disease status. Remember, when you spot a

TALK with Your Healthcare Professional







Take an active role in your ongoing MF care. TRACK your condition, watch for meaningful TRENDS, and TALK to your Healthcare Professional about the changes you may have noticed. Use the MF tracking tool available at MFSymptomTracker.com.

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