



Myelofibrosis Symptom Assessment Form

A tool for tracking your myelofibrosis (MF) symptoms



Watch a video and take a real-time assessment of your MF symptoms with an MPN expert.
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Know your MF symptoms

There are 3 important words you need to know to comprehensively assess your symptoms:

Symptom: Which symptom are you experiencing?

Severity: How severe is the symptom?

Impact on quality of life: How is it affecting your daily life?

Sharing this information with your healthcare professional will give them a better understanding of how your MF is making you feel and how to help you manage symptoms.

Cytokine-related symptoms

1 Fatigue and inactivity

Severity (Check one box)

None Mild Moderate Severe

What are ways you experience fatigue beyond the typical feeling of tiredness? How much has your fatigue or inactivity influenced your daily life? Are there activities that you were able to do 3 months ago that you struggle with now?

2 Night sweats

Severity (Check one box)

None Mild Moderate Severe

Do you experience sweating that affects your sleep or requires you to change your sheets or clothing? How often has this happened in the past month?

3 Itching

Severity (Check one box)

None Mild Moderate Severe

Have you noticed itching on your skin that is not related to a rash? Is this associated with any burning or stinging sensation? When showering, do you ever feel itchy afterwards? How often?

4 Bone pain

Severity (Check one box)

None Mild Moderate Severe

Have you felt any deep aches throughout your body that have caused you to limit your activities? Where do you feel these bone aches the most?

5 Unintentional weight loss

Severity (Check one box)

None Mild Moderate Severe

Have you been losing weight without trying? Do you notice your clothes fitting differently? Have you noticed a significant drop in your weight over the past 6 to 12 months?



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Cytokine-related symptoms (continued)

6 Fever

Severity (Check one box)

None Mild Moderate Severe

How often and for how long have you been experiencing fevers over 100°F? Do these fevers generally occur at the same time each day?

Report fevers over 100°F to your healthcare professional.

7 Concentration problems

Severity (Check one box)

None Mild Moderate Severe

How often have you felt memory loss, an inability to pay attention for long periods, or problems concentrating?

Enlarged spleen-related symptoms

1 Abdominal pain/discomfort

Severity (Check one box)

None Mild Moderate Severe

Do you experience abdominal discomfort, particularly after eating? Do you experience abdominal discomfort with changes in position—for example, when laying flat on your back or on your left side?

2 Early feeling of fullness

Severity (Check one box)

None Mild Moderate Severe

Have you noticed that you feel fuller after meals more quickly than normal? Have you been experiencing a loss of appetite?

Bring this form to your next appointment with your healthcare professional to get the conversation started about how MF is making you feel.

Glossary

CYTOKINE: A type of protein in the body that has an effect on the body's immune system. When your body has too many of these proteins, you may experience various symptoms related to MF.



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