This NCCN QUICK GUIDE™ sheet summarizes key points from the complete NCCN Guidelines for Patients®: Myeloproliferative Neoplasms. These guidelines explain which tests and treatments are recommended by experts in cancer. To view and download the guidelines, visit NCCN.org/patients or, to order printed copies, visit Amazon.com.

What are myeloproliferative neoplasms (MPNs)?
They are a group of blood cancers. There are three classic types—polycythemia vera (PV), essential thrombocythemia (ET), and primary myelofibrosis (PMF).

What are the tests for MPN?
- A report of your health history and an exam of your body
- Tests of blood cell counts and other blood values
- Tests of bone marrow
- Tests of MPN markers, such as JAK2 mutation
- Tests of your cell markers if you will receive blood stem cells from a donor
- Tests of how well your blood clots if needed

What are the treatment options for PV?
- Treatment to prevent or stop blood clots and bleeding if needed
- Aspirin
- Phlebotomy
- Hydroxyurea or interferons
- Ruxolitinib
- Clinical trial
What are the treatment options for ET?

- Treatment to prevent or stop blood clots and bleeding if needed 32
- Aspirin 33
- Hydroxyurea, interferons, or anagrelide 34
- Clinical trial 37

What are the treatment options for myelofibrosis?

- Watch and wait (observation) 43
- Clinical trial 43
- Ruxolitinib or fedratinib 44
- Hydroxyurea or interferons 44
- Allogeneic blood stem cell transplant 44
- Anemia treatment 45

How can you decide between options?

- Don’t be shy and ask your doctors questions. They are there to help.
- Get a second opinion. Even doctors get second opinions.
- Support groups can be helpful. You can learn a lot from others.
- Compare the pros and cons of each option. 52