

# Myeloproliferative Neoplasms



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](http://NCCN.org/patients) or, to order printed copies, visit Amazon.com.

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## 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).	<a href="#">8</a>
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## What are the tests for MPN?

■ A report of your health history and an exam of your body	<a href="#">13</a>
■ Tests of blood cell counts and other blood values	<a href="#">14</a>
■ Tests of bone marrow	<a href="#">16</a>
■ Tests of MPN markers, such as <i>JAK2</i> mutation	<a href="#">17</a>
■ Tests of your cell markers if you will receive blood stem cells from a donor	<a href="#">19</a>
■ Tests of how well your blood clots if needed	<a href="#">19</a>

## What are the treatment options for PV?

■ Treatment to prevent or stop blood clots and bleeding if needed	<a href="#">23</a>
■ Aspirin	<a href="#">24</a>
■ Phlebotomy	<a href="#">25</a>
■ Hydroxyurea or interferons	<a href="#">25</a>
■ Ruxolitinib	<a href="#">28</a>
■ Clinical trial	<a href="#">28</a>



## What are the treatment options for ET?

■ Treatment to prevent or stop blood clots and bleeding if needed	<a href="#">32</a>
■ Aspirin	<a href="#">33</a>
■ Hydroxyurea, interferons, or anagrelide	<a href="#">34</a>
■ Clinical trial	<a href="#">37</a>

## What are the treatment options for myelofibrosis?

■ Watch and wait (observation)	<a href="#">43</a>
■ Clinical trial	<a href="#">43</a>
■ Ruxolitinib or fedratinib	<a href="#">44</a>
■ Hydroxyurea or interferons	<a href="#">44</a>
■ Allogeneic blood stem cell transplant	<a href="#">44</a>
■ Anemia treatment	<a href="#">45</a>

## How can you decide between options?

<ul style="list-style-type: none"> <li>■ Don't be shy and ask your doctors questions. They are there to help.</li> <li>■ Get a second opinion. Even doctors get second opinions.</li> <li>■ Support groups can be helpful. You can learn a lot from others.</li> <li>■ Compare the pros and cons of each option.</li> </ul>	<a href="#">52</a>
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