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?

They are a group of rare blood cancers called MPN, for short. They derive from blood-forming stem cells in bone marrow. There are three classic types—essential thrombocythemia, polycythemia vera, and primary myelofibrosis.

What tests are needed to confirm MPN and plan treatment?

- A report of your health history and an exam of your body.
- Tests of blood cell counts and other blood values.
- Tests of your bone and bone marrow.
- Tests of markers within cells including JAK2.
- Test of your tissue type if you will have a blood stem cell transplant.
- Test of blood clotting for some people.

What are the options for essential thrombocythemia?

- The goals of treatment are to prevent serious health conditions and relieve symptoms.
- To prevent blood clots, you may receive blood thinners or medicines for high blood pressure and diabetes. You may also receive help for healthy living.
- You may receive aspirin to relieve symptoms.
- You may receive medicine that lowers the number of blood cells.
### What are the options for polycythemia vera?

- The goals of treatment are to prevent serious health conditions and relieve symptoms.  
- To prevent blood clots, you may receive blood thinners or medicines for high blood pressure and diabetes. You may also receive help for healthy living.  
- You may receive aspirin to relieve symptoms.  
- You may receive blood draws to reduce the thickness of your blood.  
- You may receive medicine that lowers the number of blood cells.  

### What are the options for myelofibrosis?

- The goals of treatment are to relieve symptoms, improve blood counts, and reduce the chance of MPN becoming AML (acute myeloid leukemia).  
- If no symptoms are present, a “watch and wait” approach may be started.  
- Ask your doctor if there’s a clinical trial that’s right for you.  
- You may receive ruxolitinib that stops certain signals for MPN cells to grow.  
- You may receive medicine that lowers the number of blood cells.  
- You may receive a transplant of blood stem cells from a donor.  
- You may receive treatment to improve your quality of life.  

### What are some tips for deciding treatment?

Ask your doctors many questions. Also, you can get a second opinion, attend support groups, and compare pros and cons.

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