# MPN KNOW YOUR 10 SCORE



This specially designed myeloproliferative neoplasm (MPN) symptom tracker can be used to record how your symptoms are affecting you over time.

You can then talk it through with your doctor or other healthcare professional at each appointment.

This booklet has been developed and produced by Novartis Pharmaceuticals UK Ltd. It is intended for patients who have been diagnosed with a myeloproliferative neoplasm (MPN) and should not be considered an alternative to advice from a healthcare professional. All data contained within this booklet will remain between you and your healthcare professional.

#### REPORTING OF SIDE EFFECTS:

If you get side effects with any medication you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the information leaflet that comes in the pack. You can report side effects via the Yellow Card Scheme at <a href="https://www.mhra.gov.uk/yellowcard">www.mhra.gov.uk/yellowcard</a> (UK). By reporting side effects you can help provide more information on the safety of your medication.



## Your weekly symptom tracker

This booklet has been produced for patients who have been diagnosed with an MPN. MPNs are a group of related blood disorders.

There are three main types of MPN:

#### Myelofibrosis (MF)

Abnormal stem cells in the bone marrow (the soft, fatty tissue inside your bones) produce too many cells, which causes the marrow to become scarred.

### Polycythaemia vera (PV)

The body makes too many red blood cells.

#### **Essential thrombocythaemia (ET)**

The body makes too many platelets.

These MPNs share similarities in symptoms and the impact they can have on patients' lives.

In order to ensure you get the most appropriate treatment for your individual circumstances, it's important to be able to explain your symptoms to your doctor or other healthcare professional and describe how they're affecting your day-to-day life.

#### The MPN10 Tracker website

This symptom tracker is also available online at:



## MPN10 STEP 1

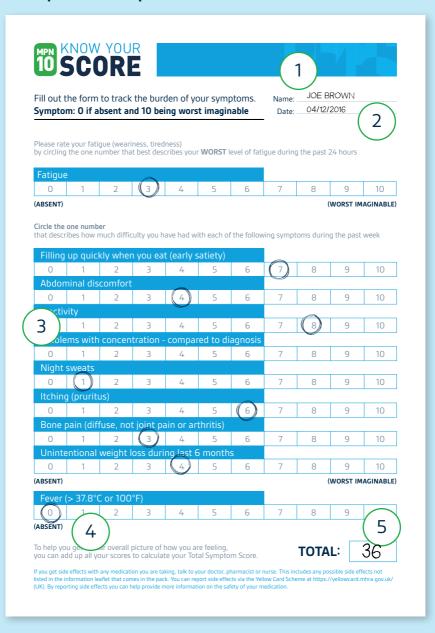
It takes just a few minutes each week to fill in your MPN10 symptom tracker — it's a simple matter of selecting the number that best describes how severe each symptom has been.

Symptoms are rated on a scale of 0 to 10, with 0 being a symptom that is not present and 10 being a symptom that is the worst imaginable.

- **1.** Have you filled in your name?
- 2. To keep track over time, ensure you have filled in the date.
- **3.** Have you filled in all the categories?
- **4.** Don't forget that if you don't suffer from one of the symptoms at all, you should still mark it as '0' on the form.
- **5.** Have you filled in the total score?

Make sure you select a number for every symptom and be sure to share your answers with your doctor or other healthcare professional.

#### Example of a completed tracker



## What symptoms are tracked?

#### The 10 symptoms assessed by the MPN10:



Abdominal discomfort



General fatique



Bone pains



Night sweats



Itching (pruritus)



Fever (high temperature)



Concentration problems



Weight loss



Inactivity /lethargy



Early satiety (feeling full)

!

"If you notice your symptoms changing, getting better or worse, this tracker can help you tell your doctor and explain how they are affecting you on a day-to-day basis."

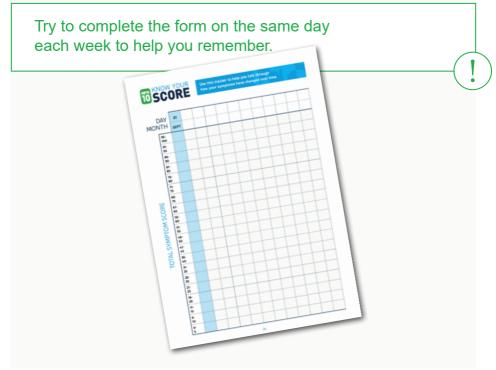
Professor Claire Harrison, Consultant Haematologist

## MPN10 STEP 2

Now that you've started monitoring your symptoms, you can keep track of how they change over time.

Add up the ratings for each of your individual symptoms to find out your overall symptom score – this can be charted each week on the tracker on page 8.

You can then take completed copies of your symptom tracking forms along to your appointments so that you can share your results, and use them to help explain how you've been feeling. The pattern you build up will also help your doctor to better understand how your current treatment plan is working.





					our sym st imagir					
		gue (weari umber tha			ır <b>WORST</b> I	evel of fati	gue durin	g the past	24 hours	
Fatigue	9									
0	1	2	3	4	5	6	7	8	9	10
(ABSENT)									(WORST IM	AGINABLE
	ibes how i				vith each o	f the follow	ving sympt	oms durin	ig the past	week
0	1	2	3	4	5	6	7	8	9	10
Abdon	ninal dis	comfort								
0	1	2	3	4	5	6	7	8	9	10
Inactiv	/ity									
0	1	2	3	4	5	6	7	8	9	10
Proble	ms with	concen	tration -	- compa	red to di	agnosis				
0	1	2	3	4	5	6	7	8	9	10
Night	sweats									
0	1	2	3	4	5	6	7	8	9	10
Itching	g (prurit	us)								
0	1	2	3	4	5	6	7	8	9	10
Bone	pain (dif	fuse, no	t joint p	ain or ar	rthritis)					
0	1	2	3	4	5	6	7	8	9	10
Uninte	entional	weight l	loss duri	ng last	6 month	S				
0	1	2	3	4	5	6	7	8	9	10
(ABSENT)									(WORST IM	AGINABLE
Fever	(> 37.8°	C or 100	°F)							
0	1	2	3	4	5	6	7	8	9	10

To help you get a clear overall picture of how you are feeling, you can add up all your scores to calculate your Total Symptom Score.

(ABSENT)

TOTAL:

(DAILY)

If you get side effects with any medication you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the information leaflet that comes in the pack. You can report side effects via the Yellow Card Scheme at https://yellowcard.mhra.gov.uk/(UK). By reporting side effects you can help provide more information on the safety of your medication.



DAY MONTH		01						
		SEPT						
TOTAL SYMPTOM SCORE	96- 100							
	91- 95							
	86- 90							
	81- 85							
	76- 80							
	71- 75							
	66- 70							
	61- 65							
	56- 60							
	51- 55							
	46- 50							
	41- 45							
	36- 40							
	31- 35							
	26- 30							
	21- 25							
	16- 20							
	11- 15							
	6- 10							
	0- 5							

