

Understanding MPNs

Everything you need to know about MPNs

MPN = myeloproliferative neoplasm



MPNs are a group of blood cancers that affect the bone marrow and the production of different blood cells.

The WHO classifies MPNs into **three main types of blood cancers:**

MF = myelofibrosis

Scar tissue forms in the bone marrow, which stops efficient production of red blood cells and results in anaemia (low red blood cell numbers).

PV = polycythaemia vera

Too many red blood cells are made, which makes it harder for blood to flow smoothly around the body and increases the risk of blood clots.

ET = essential thrombocythaemia

Too many platelets are made, which means there's a higher risk of developing blood clots.



Red blood cells (RBCs) carry oxygen around the body



White blood cells (WBCs) are part of the body's immune system and help to fight infections








Platelets help with clotting and wound healing

Monitoring your MPN

may involve regular full blood counts (FBCs), which measure:*



	MF	PV	ET
 RBC count The number of red blood cells per volume of blood	May be decreased	May be increased	
 WBC count The number of white blood cells per volume of blood	May be decreased	May be increased	
 Platelet count The number of platelets per volume of blood		May be increased	May be increased
 Haematocrit (HCT) The amount of space that red blood cells are taking up in the blood		May be increased	
 Mean platelet volume (MPV) The average size of platelets			May be increased

* Not a complete list of measurements of a full blood count.

YOUR TREATMENT

will be decided by your healthcare professional, depending on your type of MPN and your symptoms.

Examples include:



Watch & wait
Regular monitoring, check-ups and lifestyle



Venesection (PV only)
Removes blood if you have too many red blood cells



Medication
Helps relieve uncomfortable symptoms



Stem cell transplant
Restores bone marrow

The 10 MOST COMMON SYMPTOMS

people living with an MPN experience are:



Fatigue
Feeling incredibly tired and sleeping a lot more



Early satiety
Feeling full quickly when eating



Abdominal discomfort
Pain or uncomfortable feeling around the gut or stomach



Inactivity
Being unable to do tasks or exercise like you normally would



Concentration problems
Not being able to pay attention like you used to



Night sweats
Sweating through your pyjamas and even bedding when trying to sleep



Pruritus
Having uncomfortable, itchy skin



Bone pain
Widespread pain, not like joint pain/arthritis



Fever
A temperature over 37.8°C



Unintentional weight loss
Losing weight without trying to, e.g. dieting



You're not alone!

MPNs are rare, so you may not know anyone else with the same condition as you, which can feel isolating and lonely. But there are **other people living with MPNs**, experiencing similar symptoms and emotions as you.

Find a support community of other people living with MPNs at:
mpnvoice.org.uk | leukaemiacare.org.uk