How to get in the know about myelofibrosis (MF)

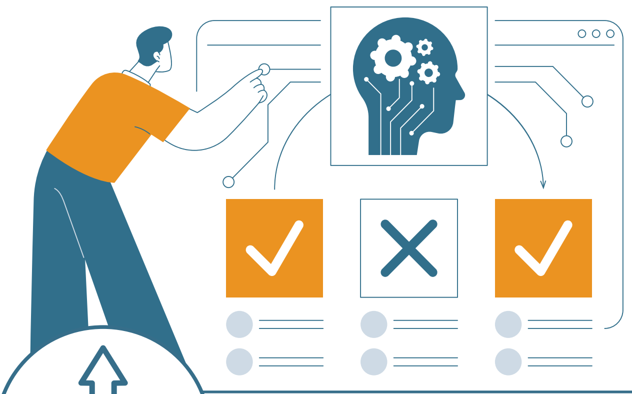
in the know myelofibrosis MF

sobi rare strength

What patient advocates say you should learn, decide, ask, and consider when it comes to your journey with MF

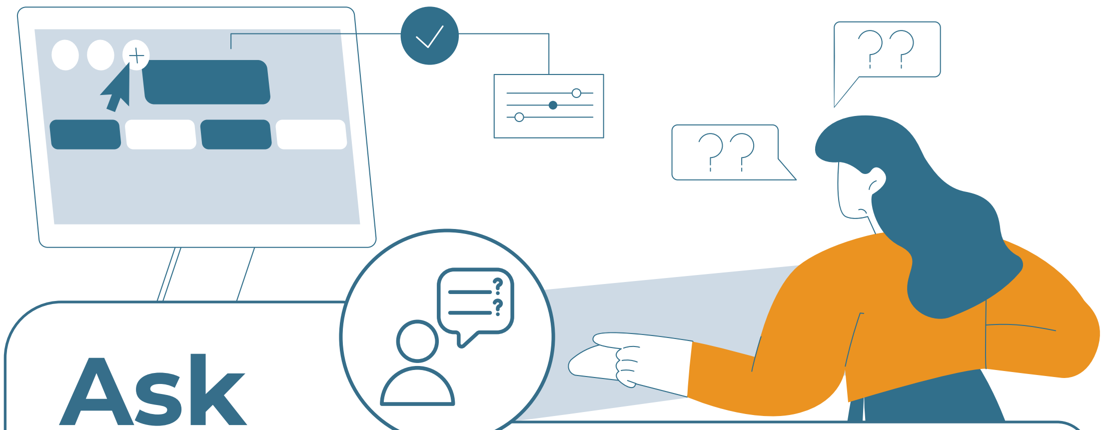
Learn

- What MF is
- How MF may affect you
- Your risk of MF progressing over time
- What symptoms you may have



Decide

- What is most important to you when discussing MF treatments with your doctor, such as:
  - Working quickly
  - Few side effects
- How comfortable you are making decisions and having conversations about MF
- Which symptoms most affect your daily life

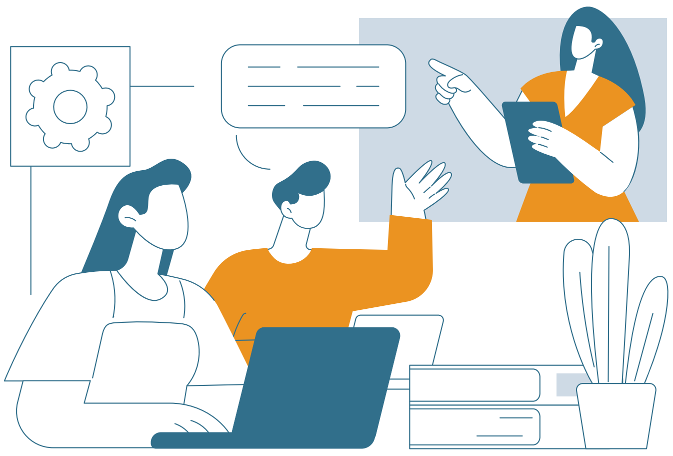


Ask

- What blood counts mean and why they matter
- Which treatment is best if you have low platelet counts (thrombocytopenia)
- What treatment options you have and how they differ
- About a holistic approach to treatment to learn how you can manage symptoms in addition to medication
- How long it takes a treatment to start working
- What side effects you may experience
- How to know the difference between a symptom of MF and a medication side effect
- How to manage any side effects you may have
- What resources may be available to you

Consider

- Tracking symptoms to see how they change over time
- A second opinion if you feel it may be useful
- Bringing a support person with you to health care visits
- Joining a support group, using patient counseling, or finding other community resources



Stay IN THE KNOW with MF.

Learn more and find resources through the patient advocacy groups below:

CANCER SUPPORT COMMUNITY
COMMUNITY IS STRONGER THAN CANCER
GILDA'S CLUB
MPN ADVOCACY & EDUCATION INTERNATIONAL
MPN Cancer CONNECTION
MPN RESEARCH FOUNDATION
Tigerlily Foundation
Beauty. Strength. Transformation.