

# Learn about the symptoms of MF

## What is myelofibrosis?

Myelofibrosis (my-ah-lo-fye-BRO-sis; MF) is a rare blood cancer. MF is part of a bigger group of blood cancers called myeloproliferative neoplasms, or MPNs.

MPNs happen when there's a change in certain cells in your bone marrow, which is the spongy tissue inside your bones. This change may lead your body to make too many or too few red blood cells, white blood cells, or platelets.

## What are the symptoms of MF?

**The symptoms of MF can be different for each person, which means you may not experience all of them.** Some of the key signs and symptoms are anemia, enlarged spleen, low platelets, and other symptoms.



### Anemia

Red blood cells carry oxygen to all the cells in your body. Having a low red blood cell count is called anemia. Your doctor may call it low hemoglobin.

#### Anemia can cause symptoms like:

- Tiredness/fatigue
- Weakness
- Shortness of breath
- Migraines

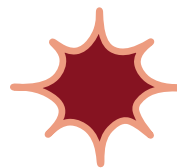


### Enlarged spleen

Your spleen acts like a filter for your blood. Having an enlarged spleen is called splenomegaly.

#### Splenomegaly can cause symptoms like:

- Feeling full too fast
- Pain under the left ribs
- Severe abdominal discomfort



### Low platelet count

Platelets are important to help your blood clot. Having a low platelet count is called thrombocytopenia.

#### Thrombocytopenia can cause symptoms like:

- Bleeding easily
- Bruising easily
- Bleeding for a long time when cut



### Other symptoms

MF can cause different symptoms because it affects the body in many ways.

#### Other symptoms of MF may include:

- Tiredness/fatigue
- Abdominal pain
- Itchy skin
- Night sweats
- Bone pain
- Weight loss

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# Anemia is a common symptom of MF

Anemia is common in MF. In fact, **about 60% of people are anemic** within 1 year of their MF diagnosis, and **46% need blood transfusions**. Anemia can happen naturally as your MF progresses, but it can also be caused by some MF treatments.



If you have anemia symptoms like tiredness or weakness, or if you think **your symptoms are getting worse, speak to your healthcare team.**



Anemia symptoms can range from mild to severe. Even mild anemia can cause unwanted symptoms that affect your everyday life. Be sure to talk to your healthcare team about ways to manage anemia.

Symptoms of anemia can affect your day-to-day life

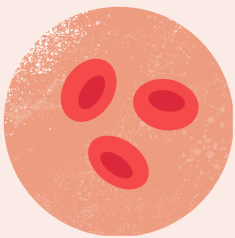
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# Understanding blood transfusions

You and your healthcare team may decide to use blood cell transfusions to help manage your anemia or thrombocytopenia. Blood cell transfusions are usually done at a doctor's office, clinic, or hospital. The transfusions are given through an intravenous line, also called an IV.

## Two types of blood transfusions are:



### Red blood cell transfusions

Red blood cell transfusions are usually given for anemia. After a red blood cell transfusion, your hemoglobin levels will go up. This can give you more energy and help you feel better. But over time, these red blood cells die, and your hemoglobin levels will drop again. When your hemoglobin levels get low enough, it may be time for another transfusion.



### Platelet transfusions

Platelet transfusions can be used to help with thrombocytopenia. Your healthcare team may recommend a platelet transfusion if your platelet count is too low and puts you at risk for bleeding. Platelets are separated from the donor blood before you get a transfusion.

### How long a blood transfusion lasts is different for every person.

Some people may need transfusions more often than others. You and your healthcare team will work together to decide when you need a blood transfusion.

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# Take an active role in your care



You play an important role in your MF care. And while anemia is a common symptom of MF, it is not the only one. Work together with your healthcare team to decide the best approach for managing your MF symptoms.



Talk to your healthcare team about your MF symptoms. They can suggest ways to manage your MF that may help you feel better

Learn more about how you can navigate life with MF by visiting [MappingMF.com](https://MappingMF.com)

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