

Supporting a Loved One with Myelofibrosis (MF)

MORE THAN HALF

of surveyed individuals living with MF (51%) feel that some of the people closest to them don't fully understand the impact MF has on their quality of life,

according to a 2025 survey GSK conducted in conjunction with MPN Research Foundation of individuals living with MF (n=41), of which 90% reside in the US.¹

This guide is designed to give you the information and resources you need to support and care for the people you love who are living with MF.

The Physical Toll of MF

Each person experiences MF differently, so recognizing the symptoms can be hard. Below are some common symptoms and what they might look like. These are not all the possible symptoms of MF.



Anemia

can cause shortness of breath, fatigue, and weakness.

Watch for unsteadiness, feeling like you can't breathe deeply or catch your breath, or generally feeling like you don't have enough energy to perform essential functions.



Enlarged spleen

can cause abdominal discomfort, feeling full too quickly, or pain under the left ribs.

Watch for changes in your appetite, or pain and discomfort in your upper left abdomen.



Low platelet count

makes it easier to bruise or bleed.

Watch for frequent nosebleeds, bleeding from small cuts or excessive bruises.

These and other symptoms of MF can change from day to day. By knowing the signs, you can have a window into what your loved one is experiencing and how best to support them in the moment.

Could MF Impact Daily Activities?

Some surveyed individuals living with MF reported that their symptoms can interfere with normal daily activities. Disrupted activities may include¹:



Exercise



Housework



Yard work



Cooking



Participating in social activities



Self-care or caring for loved ones



Completing daily work at their job

What You Can Do To Help

As a friend, family member or care partner of someone living with MF, you can play an important role in reducing the physical and emotional burden of the disease. Here are some of the most impactful ways you can help support your loved one, according to surveyed individuals living with MF:

Type of Support	Why It Matters	How You Can Help
 Provide emotional support	Emotional support was the top-ranked response (68%) by surveyed individuals living with MF when asked what is the most helpful type of support a loved one can offer. ¹	Give your loved one a safe place to acknowledge and honor their feelings about MF with compassion and empathy.
 Give them space	Nearly 60% of surveyed individuals living with MF say the most helpful way a friend or family member can support them is to give them space and understanding when they aren't feeling well. ¹	Follow your loved one's lead when talking about the impact of MF. Let them share information when it's comfortable, but don't push for more than they offer.
 Helping with practical tasks	Over half of surveyed individuals living with MF (54%) say that assistance with daily tasks is the most helpful support they could receive from friends and family. ¹	Offering to help with grocery shopping, laundry, cleaning or yard work, or provide rides to and from important appointments relieves their mental and physical load – providing extra time for them to rest when they need to.
 Include them in plans	Nearly three quarters of surveyed individuals living with MF say they missed at least one personal event in the last six months due to fatigue from MF. ¹	Inviting your loved one with MF to social events and being understanding if they need to decline sends the signal that you care about them and don't hold it against them if they can't make it.
 Provide medical advocacy and encouragement	The logistical, physical, mental and emotional demands of managing a rare disease like MF can be significant .	Offer to accompany loved ones to appointments, taking notes or recording the conversation and helping them keep track of treatment plans and schedules.

By better understanding the disease and how it affects them as an individual, you can give your loved one the support they need to maintain a sense of normalcy and control in their lives.

¹Mapping MF/MPNRF 2025 Patient Experience Survey