



MPN PATIENT DIARY

FATIGUE

/just so, so tired/



CAUSE

Fatigue is common and caused by many factors, such as: disease, low mood, medication and other conditions. One such condition is anaemia. Your disease could be causing your bone marrow (the spongy tissue inside some of your bones) to produce fewer red blood cells, resulting in anaemia. This means that your body can't transport oxygen as well, making it harder for your muscles to work. Although common, fatigue does not always directly correlate with the severity of either your disease or anaemia.



IF I ACT

Your doctor may check that the treatment you are receiving is working and consider alternative therapies; your doctor or a dietician may also advise you on ways to make sure you get appropriate nutrition. Maintaining a healthy body via regular exercise and a balanced diet can help with issues such as fatigue and depression

IF I DON'T

You may continue to feel tired and unable to complete everyday tasks without a rest

PRURITUS

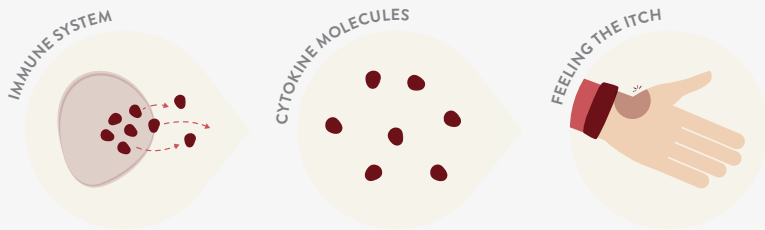
/very, very itchy/



LIKE A HUNDRED ITCHES YOU CAN'T SCRATCH

CAUSE

Your disease could cause the cells of your immune system to release cytokines (natural chemicals) that lead to an inflammatory response in your body; this inflammation may cause your skin to feel very itchy



IF I ACT

Your doctor may check that the treatment you are receiving is working, and may advise you on ways to reduce your itching

IF I DON'T

The itching may continue to make you feel uncomfortable and affect your quality of life

CONFUSION

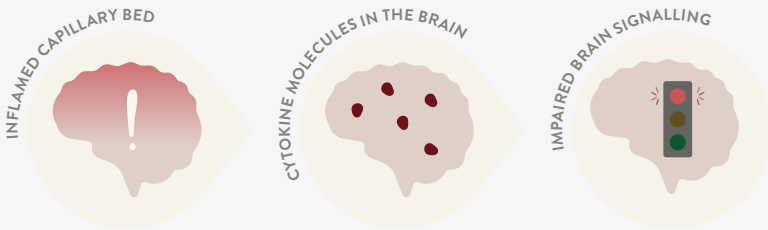
/can't think clearly/



BAMBOOZLED BY A MILLION THOUGHTS

CAUSE

This symptom may be the result of your disease causing inflammation at a capillary level (tiny blood vessels). Cytokines may impair signalling and disrupt the transmission network in your brain



IF I ACT

Your doctor may check that the treatment you are receiving is working, and may advise a change in treatment

IF I DON'T

You may continue to feel confused and unable to complete simple tasks in a timely manner

INACTIVITY

/don't feel like doing anything/



LIKE YOU COULD SLEEP FOR A WEEK

CAUSE

The combination of low mood and fatigue, caused by inflammation and anaemia, may cause you to become less and less active



IF I ACT

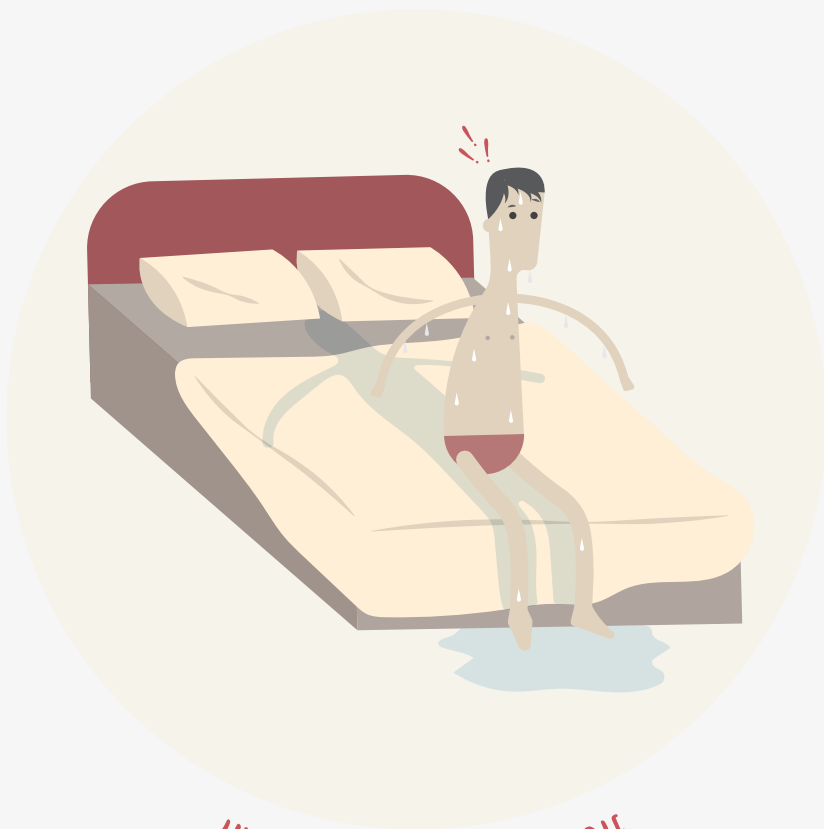
Your doctor may check that the treatment you are receiving is working, and may advise a change in treatment or suggest alternative ways of helping your mood. This could be a change in your lifestyle i.e. your activity level or diet

IF I DON'T

You may continue to feel unproductive and unable to complete everyday tasks

NIGHT SWEATS

/waking up covered in sweat/



LIKE WAKING UP IN A PUDDLE

CAUSE

Your disease could cause the cells of your immune system to release cytokines (natural chemicals) that lead to an inflammatory response in your body; this inflammation may cause you to sweat a lot during the night



IF I ACT

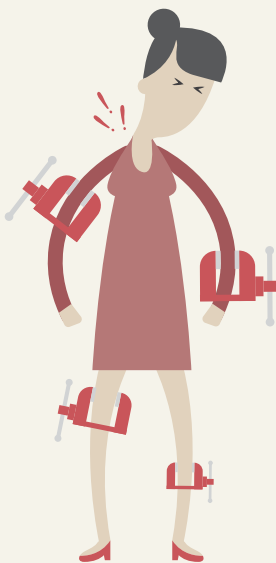
Your doctor may check that the treatment you are receiving is working, and may advise you on ways to manage your night sweats

IF I DON'T

The night sweats may continue to make you feel uncomfortable and affect your quality of sleep

BONE PAIN

/bone, joint and body aches/



LIKE HAVING YOUR BONES CLAMPED IN A VICE

CAUSE

Your disease may cause cells within your bones to multiply; this may stretch and stimulate the periosteum (the covering of the bone), which may be painful

BONE CELLS MULTIPLY



PERIOSTEUM IS STRETCHED



THIS LEADS TO PAIN



IF I ACT

Your doctor may check that the treatment you are receiving is working, and may advise you on how to manage your bone pain

IF I DON'T

The pain may continue to cause you problems and impact your quality of life

WEIGHT LOSS

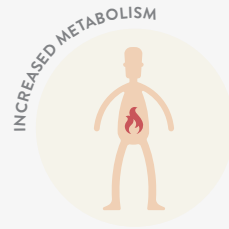
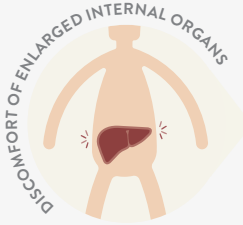
/a noticeable drop in size/



FEELING A LITTLE LOOSE AROUND THE MIDDLE

CAUSE

Your disease may cause you to lose weight; this may be because you feel less hungry due to early satiety (feeling full after only a small amount of food) or abdominal pain, discomfort or indigestion caused by enlarged internal organs. Weight loss may also occur because of an increase in your body's metabolism caused by your red blood cells replacing themselves too quickly*



IF I ACT

Your doctor may check that the treatment you are receiving is working and consider alternative therapies; your doctor or a dietician may also advise you on ways to make sure you get appropriate nutrition

IF I DON'T

You may continue to lose weight, which may affect your prognosis and quality of life

*It is important to note that not all weight loss is bad.

Maintaining a healthy bodyweight as a result of regular exercise and a balanced diet is important. Sudden, or unintentional weight loss could be caused by your condition and should be discussed with your doctor

FEVER

/high temperature, with shivering and a headache/



HOT ONE MINUTE, FREEZING THE NEXT

CAUSE

Your disease could cause the cells of your immune system to release cytokines (natural chemicals) that lead to an inflammatory response in your body; this inflammation may cause you to develop a fever



IF I ACT

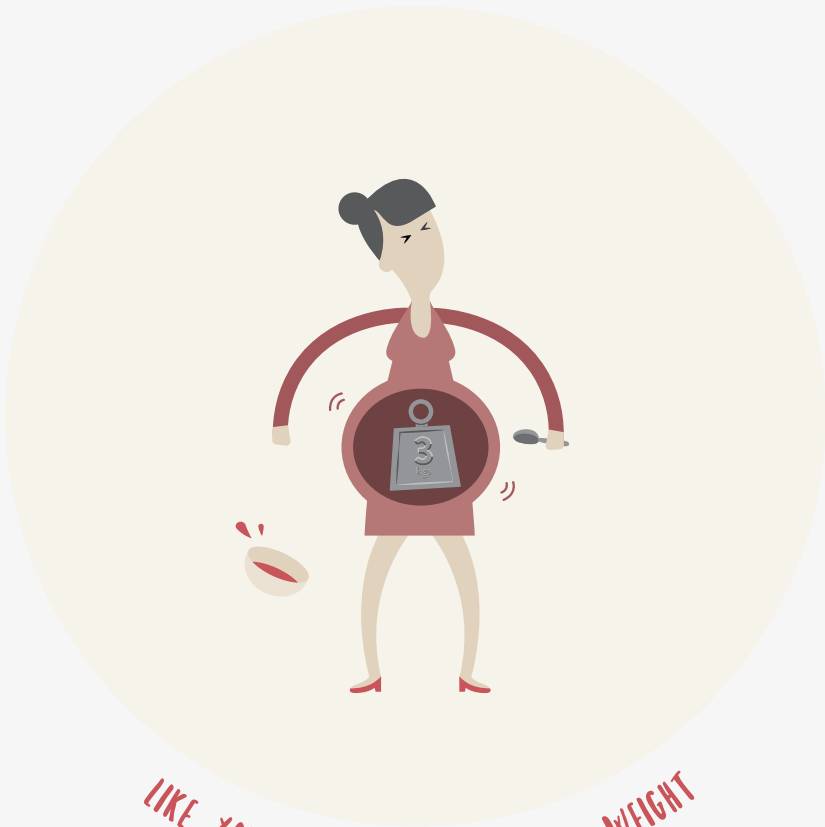
Your doctor may check that the treatment you are receiving is working, and may advise you on how to manage fevers

IF I DON'T

The fevers may continue to make you feel uncomfortable and affect your quality of life

EARLY SATIETY

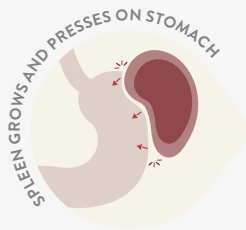
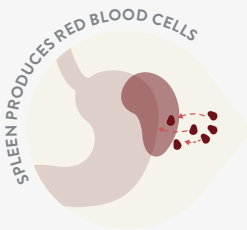
/full without eating much/



LIKE YOU'VE JUST EATEN A 3KG WEIGHT

CAUSE

Your disease may cause your spleen to produce red blood cells; this causes the spleen to grow bigger and press on your stomach, reducing its size and making you feel full after only a small amount of food



IF I ACT

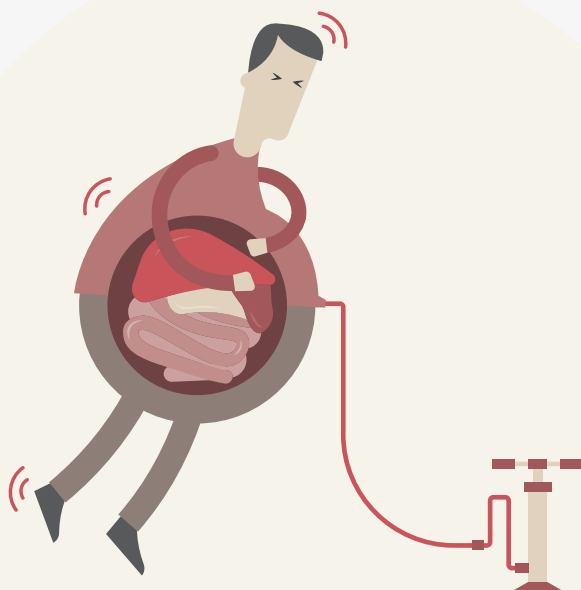
If your spleen is enlarging while you are being treated, your doctor may recommend an alternative form of treatment

IF I DON'T

An enlarged spleen may have a negative effect on your survival; not reporting this symptom may impact your future health

ABDOMINAL PAIN

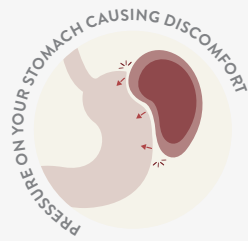
/an uncomfortable tummy/



LIKE YOU'VE BEEN BLOWN UP LIKE A FOOTBALL

CAUSE

Your disease may cause organs other than your bone marrow (eg your spleen and liver) to produce red blood cells; if the spleen or liver take over producing blood, they may become enlarged, which can put pressure on the stomach, leading to abdominal pain, discomfort or indigestion



IF I ACT

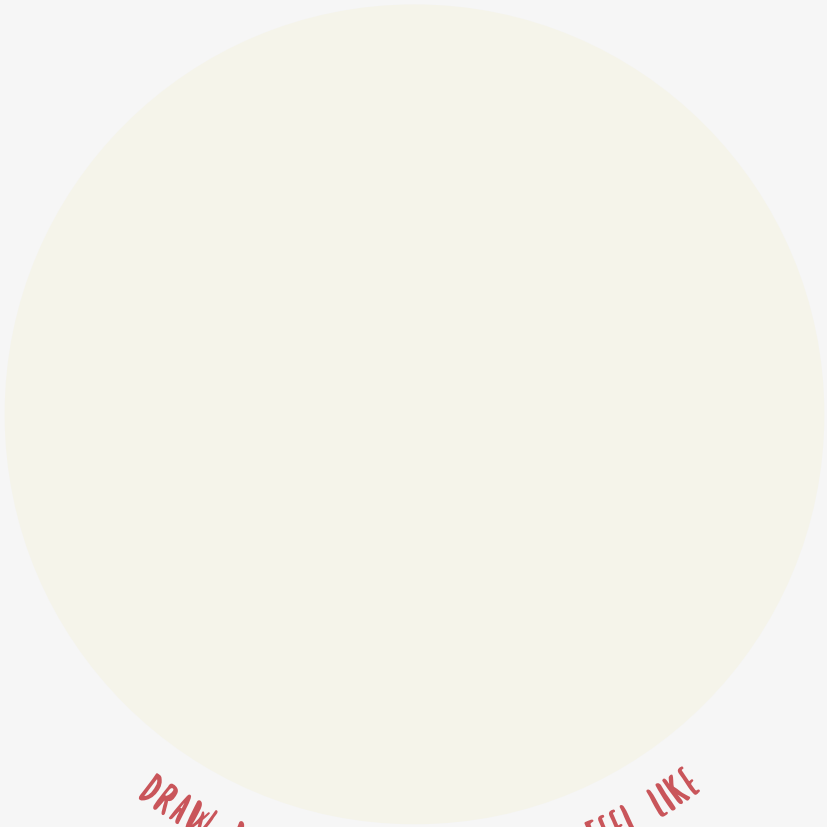
If your spleen or liver is enlarging while you are being treated, your doctor may recommend an alternative form of treatment

IF I DON'T

Enlarged internal organs may have a negative effect on your survival; not reporting these symptoms may impact your future health

YOUR SYMPTOMS

/describe how you feel/



DRAW WHAT YOUR SYMPTOMS FEEL LIKE

CAUSE

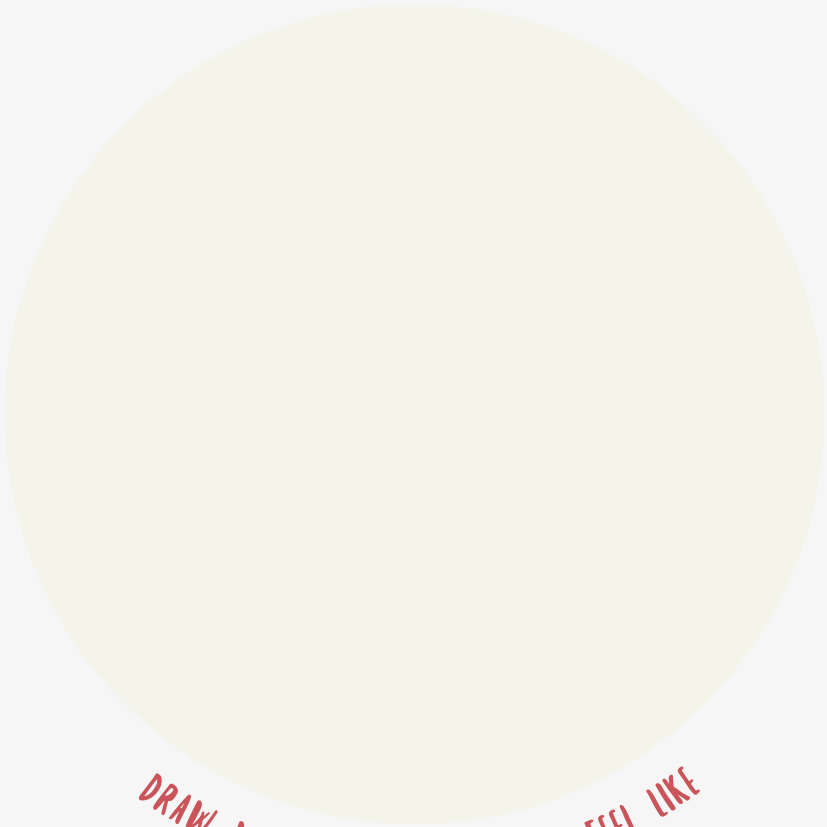
Using the space below, write down a short description of what happens when you act and don't act on your symptoms

IF I ACT

IF I DON'T

YOUR SYMPTOMS

/describe how you feel/



DRAW WHAT YOUR SYMPTOMS FEEL LIKE

CAUSE

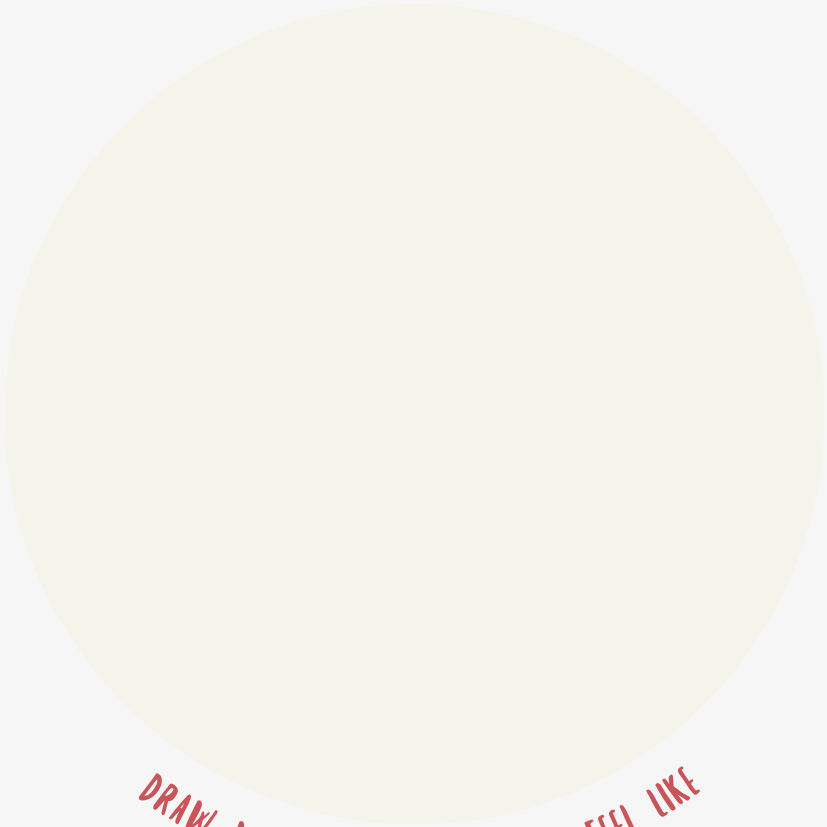
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IF I ACT

IF I DON'T

YOUR SYMPTOMS

/describe how you feel/



DRAW WHAT YOUR SYMPTOMS FEEL LIKE

CAUSE

Using the space below, write down a short description of what happens when you act and don't act on your symptoms

IF I ACT

IF I DON'T
