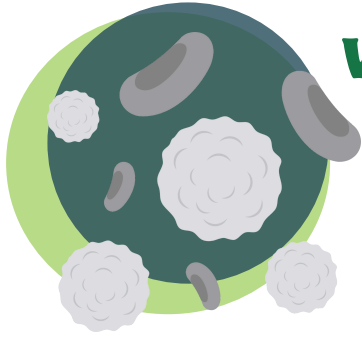


MPN Awareness Day

12 September 2024

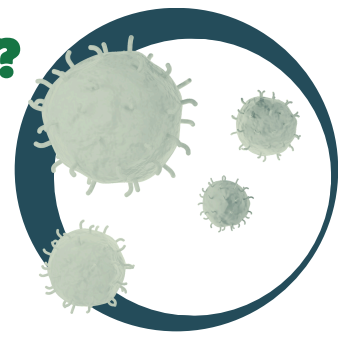
MPN Awareness Day is an annual event aimed at raising awareness about myeloproliferative neoplasms (MPNs). MPNs are a group of rare, chronic blood cancers (polycythaemia vera, essential thrombocytopenia and myelofibrosis) in which the bone marrow produces abnormal blood cells.

MPN Awareness Day serves to educate the public about MPNs, their symptoms, diagnosis and treatment options. It aims to highlight the importance of early detection and appropriate management of these conditions.



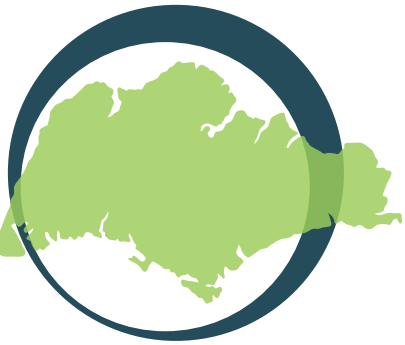
What is Polycythaemia Vera (PV)?

Polycythaemia Vera (pol-e-sy-THEE-meuh-VEER-uh) or PV is a chronic, progressive MPN characterised by the overproduction of red blood cells.



How common is PV?

PV affects about 500 individuals in Singapore and 5,000 individuals across Southeast Asia. PV can occur at any age and gender.



What are the symptoms of PV?



Fatigue



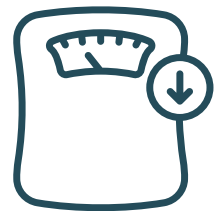
Itching



Night Sweats



Headaches



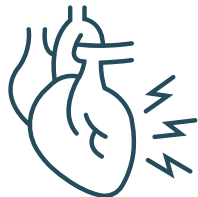
Unexpected Weight Loss

• Some symptoms are caused by thickening of the blood, which results in a lack of oxygen to parts of the body.

What health complications can PV cause?



Enlarged spleen, leading to an early feeling of fullness when eating or pain



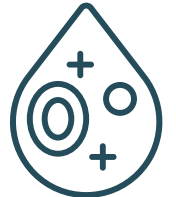
Blood clots, leading to stroke or heart attack



Stomach ulcers, gout or kidney stones



Angina (chest pain)



Progression to leukemia or myelofibrosis

How is PV diagnosed?

1/3

of PV cases

are diagnosed after a cardiovascular event such as a heart attack or stroke.

Early diagnosis is important.

A healthcare professional may diagnose PV following a routine blood test before any symptoms develop.

Adopting a healthy lifestyle may help to prevent disease.

How can PV be managed?

PV can be effectively managed. With optimal treatment, many people with PV can lead normal healthy lives.

Recent innovative advancements target PV's underlying cause, enhancing long-term management and improving patients' quality of life.

JOIN NOW



MPN Support Group SG



For more information, visit:

- [What are Myeloproliferative Neoplasms \(MPNs\)?](#)
- [About Myeloproliferative Neoplasms \(MPNs\)](#)

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