

MPN ALLIANCE AUSTRALIA INFORMATION LINKS



What are MPNs?

www.mpnallianceaustralia.org.au
/understanding-mpn/
what-are-mpns/



Newly Diagnosed

www.mpnallianceaustralia.org.au
/understanding-mpn/
newly-diagnosed/

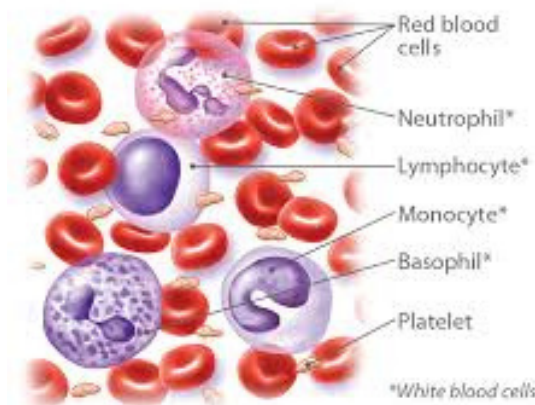


Treatments

www.mpnallianceaustralia.org.au
/understanding-mpn/
mpn-treatments/



MPN ALLIANCE
AUSTRALIA QR
CODE



Printable PDFs for:

*also in Arabic, Chinese,
and Vietnamese

- ✓ Interferon (Pegasys)*
- ✓ Hydroxyurea*
- ✓ Anagrelide*
- ✓ Ruxolitinib (Jakavi)*
- ✓ Momelotinib (Omijara)
- ✓ Busulfan*
- ✓ Venesection*
- ✓ Aspirin

MPN stands for Myeloproliferative Neoplasms which are a group of rare chronic blood cancers. The MPN Alliance Australia, is run by MPN patients for MPN patients and their families.

What can I do to help myself?

- **Do prioritise your general health, particularly your cardiovascular health,** including not smoking or vaping and managing your cholesterol. Have regular physical checkups, including skin checks, eye health examinations, and screening tests for breast cancer, cervical cancer, bowel cancer, and prostate cancer.
- **Be blood clot aware.** Having an MPN puts patients at higher risk of having blood clots or bleeding.
- Know the signs and how to prevent blood clots – see THANZ website at: www.thanz.org.au/education-training/patient-information-leaflets/

www.mpnallianceaustralia.org.au/living-well/

- **Have regular vigilant skin cancer check ups,** for both melanoma and non melanoma skin cancers, especially if you are on hydroxyurea or ruxolitinib.
- **Good nutrition is important.** Eat a balanced diet including lots of fresh fruit and vegetables, lean protein and whole grains. Stay hydrated.
- **Consider wellness activities** such as yoga, aerobic activity, strength training, meditation, massages, support groups, improved nutrition, etc –wellness activities had a pattern of decreased levels of symptom burden, fatigue, depression, and a higher quality of life for MPN patients. (Survey of Integrative Medicine in Myeloproliferative neoplasms- the SIMM study)
- **Exercise is very beneficial** for people with MPNs and helps to fight fatigue. Before starting on any new programme, check with your doctor and start slowly and gently.

What about Support?

You are not alone, our community is a mighty one, find support at these resources

MPN Australia & NZ Myeloproliferative Neoplasm Support Community

(Private Facebook group that people can apply to join)

MPN Alliance Australia (Facebook)

Some local coffee and chats

www.mpnallianceaustralia.org.au/resources/australian-support/

Contact Information



Website

www.mpnallianceaustralia.org.au



Facebook

www.facebook.com/MPNAllianceAustralia



Instagram

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The MPN Alliance Australia works in partnership with the Leukaemia Foundation