

[Subscribe](#)

[Past Issues](#)

[Translate](#)

MPN Matters Issue 15 - December 2020



---

# MPN MATTERS

## ISSUE 15 - DECEMBER 2020





Seasons Greetings  
to all from MPN AA

Best wishes to all MPN patients and their families, and to all our colleagues and professionals working towards making life better for MPN patients!

---

## HOW TO LIVE WELL WITH AN MPN

With the new year almost upon us, and people perhaps pondering New Year's resolutions, we thought it might be useful to highlight something that our haematologists often remind us about. Having an MPN diagnosis is a good reason to take all the positive steps we can take to improve our general health and manage our MPN as well as possible.

Our MPNAA website has excellent detailed information about these which include advice on healthy eating, exercise, yoga and meditation as well as of course quitting smoking. You may not be aware that appropriate exercise can

be highly beneficial for MPN patients. Exercise can improve mood and research has shown that it can actually help fight the fatigue which many MPN patients report.

Before embarking on any new program, please first check with your GP and haematologist and start slowly and gently if you have not exercised before.

With these things in mind, most of us are able to lead productive, highly enjoyable and long lives!

If you would like some tips and motivation, please look at the [Living Well](#) pages on the MPN AA website.

---

## RECENT MPN UPDATES FROM THE 2020 INTERNATIONAL PATIENT SYMPOSIUM ON MYELOPROLIFERATIVE NEOPLASMS

Every other year, Cancer Research & Treatment Fund Inc (CR&T) hosts the International Patient Symposium on Myeloproliferative Neoplasms (MPNs). This full-day educational event takes place in New York City, and is an opportunity for patients and caregivers to learn about the latest developments in MPN research and treatment. Each year, the program features presentations by distinguished basic scientists and clinical research physicians from the world's leading MPN centres. This year, the 11th patient symposium program featured the following presentations, as well as a panel discussion. MPN patients are very fortunate to be able to [watch these presentations](#):

- *Welcome & Introduction* – Richard T. Silver, MD, Lewis C. Cantley, PhD (Weill Cornell Medicine, New York, NY) and David Boule, Patient Committee Chair, Cancer Research & Treatment Fund (CR&T)
- *Inflammation in MPNs: Clinical and Therapeutic Aspects* – Hans Hasselbalch, MD, Roskilde Hospital, Roskilde, Denmark
- *Next Generation Sequencing in Diagnosis and Treatment* – Joseph M. Scandura, MD, Weill Cornell Medicine, New York, NY
- *Polycythemia Vera: Interferon Prolongs Myelofibrosis-Free and Overall Survival* – Ghaith Abu-Zeinah, MD, Weill Cornell Medicine, New York, NY
- *Current Management, New Treatments, New Drugs in the Pipeline, and Evolution of Myelofibrosis*– Ronald Hoffman, MD, Icahn School of Medicine at Mount Sinai, New York, NY
- *Current Management of Essential Thrombocythemia* – Ellen Ritchie, MD, Weill

Cornell Medicine, New York, NY

- *Thrombotic, Vascular, and Bleeding Complications in the MPNs* – Andrew I. Schafer, MD, Weill Cornell Medicine, New York, NY

---

## AMERICAN HAEMATOLOGICAL SOCIETY (ASH) MEETING 2020 UPDATES

### NEW RESEARCH - MPN DRIVER MUTATIONS CAN BE DETECTED DECADES BEFORE THE CLINICAL DIAGNOSIS

MPN research and clinical trials have greatly increased since the discovery of the Jak2 and Calr mutations in the last 15 years. The mapping of the human genome has enhanced this research. In December, the 2020 American Society of Hematology showcased two extraordinary research findings about MPN mutations. The UK's Dr Jyoti Nangalia and team and in the USA, Dr Ann Mullaly and her team have identified - in completely separate research - that MPN patients probably acquired their mutation *in utero* or in the early years. If you'd like to know more about these intriguing findings and what it means for future research, please see [HERE](#)

### ASH 2020: PRACTICE-CHANGING ABSTRACTS FOR MPN

See Dr Jean-Jacques Kiladjian, Steering Committee Chair, Université de Paris, Paris, France, speaking about practice-changing abstracts for myeloproliferative neoplasms (MPN) following the 62nd American Society of Hematology (ASH) Annual Meeting and Exposition. Thanks to MPN-Hub for producing and making this video available. Watch the video [HERE](#).

---

## COVID-19 AND MPN PATIENTS

We are writing this newsletter in late December 2020 and hopefully the current COVID cluster in NSW will be overcome quickly and safely. Just a reminder, we have devoted a page on our website to [COVID 19 as it relates to MPN patients](#).

---

## C-SMART STUDY - NOW ENROLLING

The purpose of this research project is to investigate if low dose interferon-alpha-2a, when administered as a nasal spray, can help in preventing COVID-19 infection among cancer patients.

This research study is testing whether administration of low dose interferon-alpha-2a via nasal spray will prevent COVID-19 infection. Low dose interferon-alpha-2a nasal spray has been used to prevent viral lung infections during influenza outbreaks, and it is effective in reducing the symptoms and rate of influenza infections.

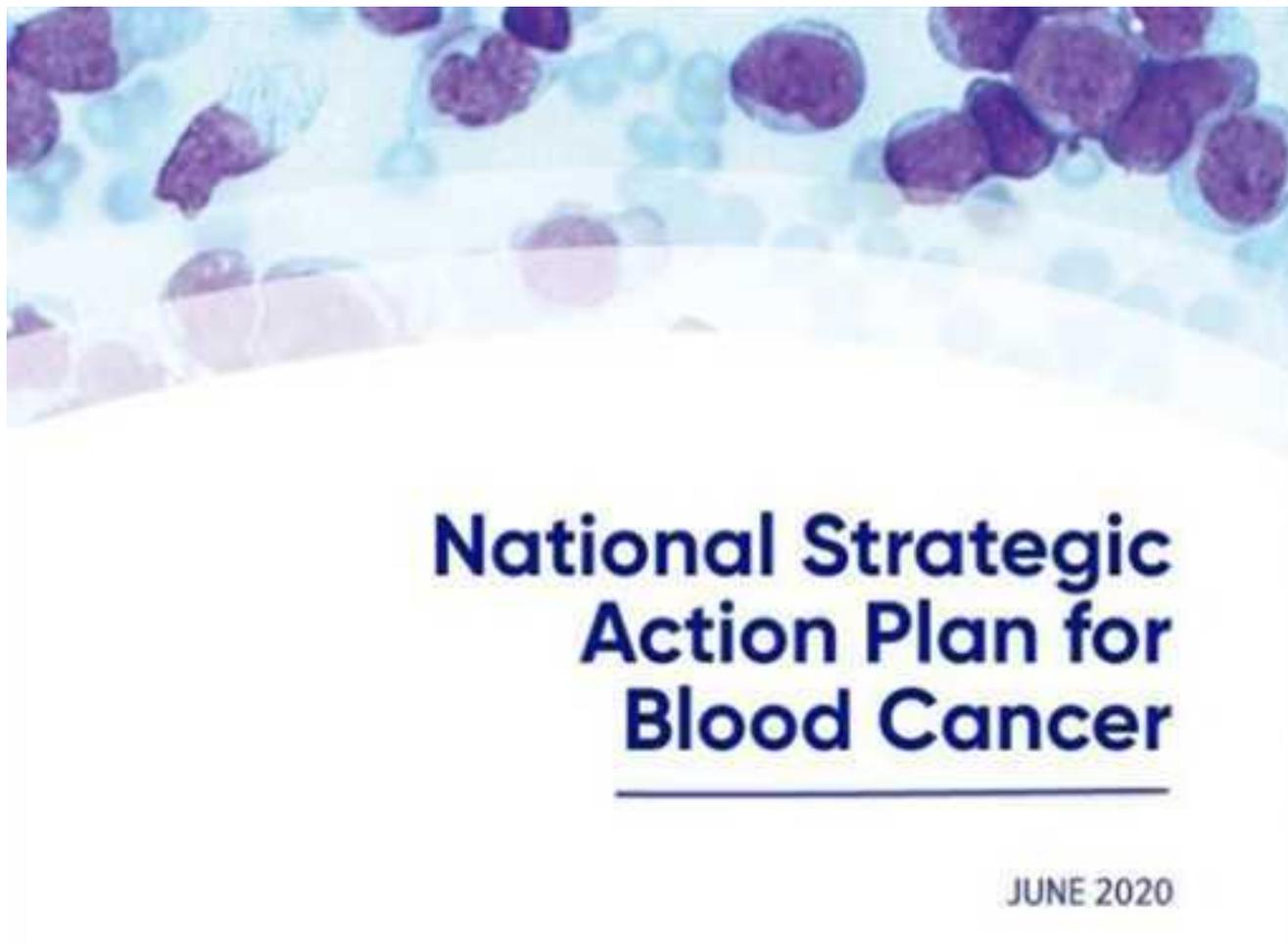
This research has been initiated by the study doctor, Professor Monica Slavin and her team at the National Centre for Infections in Cancer (NCIC), Peter MacCallum Cancer Centre.

For further information and any inquiries, please visit [www.CSMART.com.au](http://www.CSMART.com.au)

---

## NATIONAL STRATEGIC ACTION PLAN ON BLOOD CANCER - LEUKAEMIA FOUNDATION WEBINAR VIDEO

[Watch this webinar video](#) produced by the Leukaemia Foundation -  
“National Strategic Action Plan for Blood Cancer: How will it help Australians living with blood cancer?”



# National Strategic Action Plan for Blood Cancer

JUNE 2020

---

## CHRISTMAS GIFTS FOR MPN PATIENTS

Don't forget to remind family and friends that a wonderful gift for the MPN patient community would be for family and friends to register as a stem cell donor. A saliva swab is all that is needed and it is [a simple process to register](#).

And of course any donation to the MPNAA's fund for MPN research would always be gratefully accepted. In this incredibly difficult year we were able to fund [\\$15,000 to ground breaking MPN research at the University of WA](#).

---

Support MPN - Make a Tax Deductible Donation

---

**Send us an email**



*Copyright © 2017 Myeloproliferative Neoplasms Alliance Australia (MPN AA), All rights reserved.*  
You are receiving this email because you registered to attend the MPN Patient Education Program in Melbourne on 28 April 2017, or because you have subsequently signed up to receive them.

**Website:**

[www.mpnallianceaustralia.org.au](http://www.mpnallianceaustralia.org.au)

**Our mailing address is:**

Myeloproliferative Neoplasms Alliance Australia (MPN AA)  
Post Office Box 111  
Sandringham, Victoria 3191  
Australia

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

---

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Myeloproliferative Neoplasms Alliance Australia (MPN AA) · Post Office Box 111 · Sandringham, Victoria 3191 · Australia

