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MPN Matters Issue 20 - September 2023



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## MPN MATTERS ISSUE 20 - SEPTEMBER 2023



### **Make Sense of MPN – Knowledge Makes the Difference**

Did you know that September is blood cancer awareness month? And 14 September is MPN Awareness Day around the world.

The day aims to educate people about MPNs and the impact they can have on patients and their families. The goal is to improve the lives of those affected by the disease. Knowledge is empowering and can truly make a difference when it comes to managing and navigating the challenges associated with MPN. There is so much you can do to live very well with your MPN. The MPN AA has some ideas to help in this newsletter and our website [living well pages](#).

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## Living well: Do you know how to recognise a blood clot?

We have prepared a page on the MPN AA website about [blood clot awareness](#).

**RECOGNIZE THE SIGNS AND SYMPTOMS OF A BLOOD CLOT**

**Deep Vein Thrombosis (DVT)**  
Signs and Symptoms

- Skin that is warm to the touch
- Redness or discoloration of the skin
- Pain or tenderness not caused by injury
- Swelling

**BLOOD CLOT IN THE LEG OR ARM**  
Contact your doctor if you experience any of these symptoms

**Pulmonary Embolism (PE)**  
Signs and Symptoms

- Difficulty breathing
- Coughing up blood
- Faster than normal or irregular heartbeat
- Chest pain that worsens with a deep breath or cough

**BLOOD CLOT IN THE LUNG**  
Call 911 or seek immediate medical attention if you experience any of these symptoms

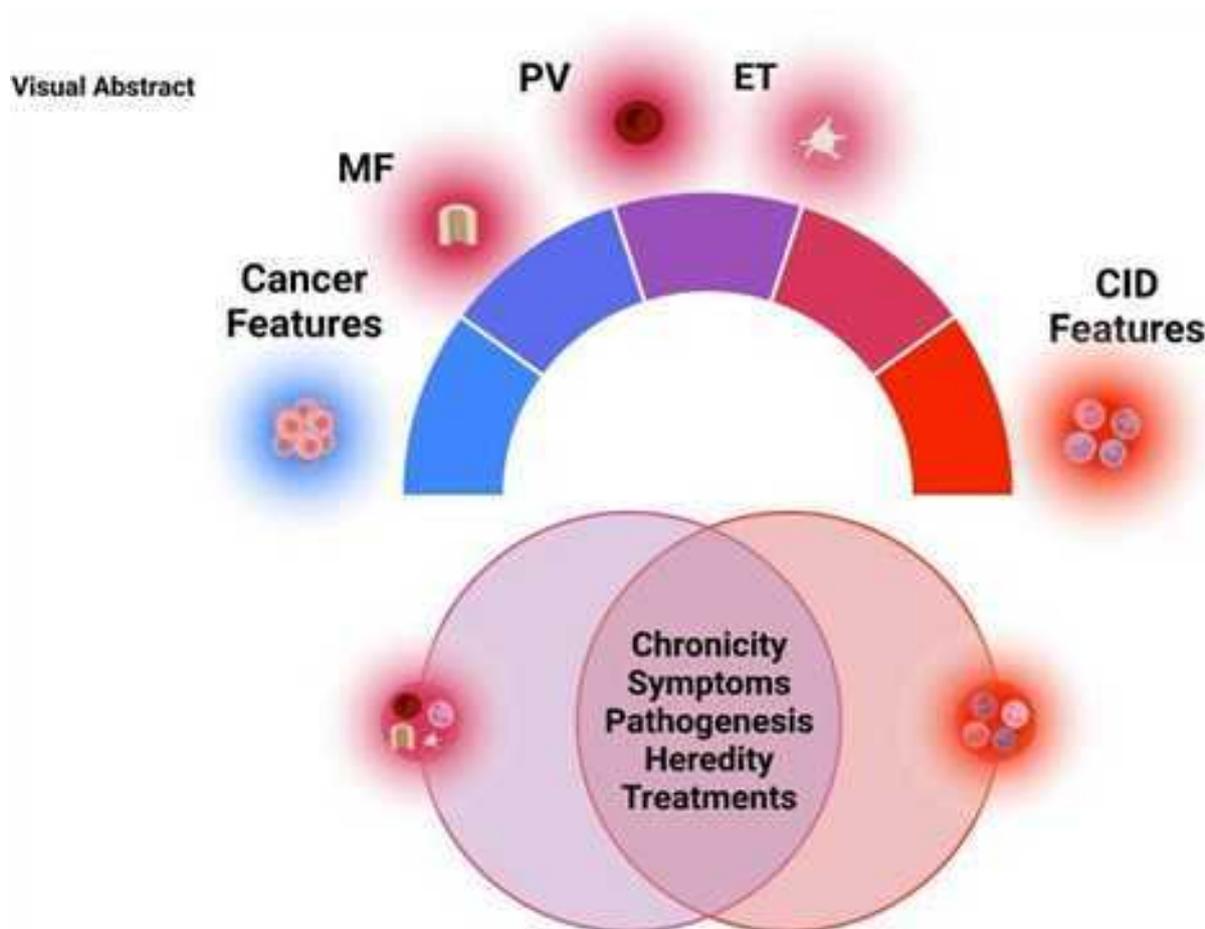
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## MPNs and inflammation

Do you have any inflammatory disorders? Did you know that there is increasing interest in the overlap between MPNs and inflammation? Associate Professor Dr Angela Fleischman, and her team in the US are focussing some of their research in this area. Her recent article notes:

“Overall, we will highlight the similarities between an MPN and chronic inflammatory disease. We highlight that while MPN is classified as a cancer, its behaviour is more aligned to that of a chronic inflammatory disease. We propose that MPN should inhabit a fluid/spectrum between auto-inflammatory disease and cancer.”

The full article is freely available [HERE](#).



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## Living well: cardiovascular health

MPN patients should do all we can to maintain good cardiovascular health and keep cholesterol under control. [There is a lot you can do in conjunction with your GP and haematologist.](#)



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## MPN conference videos from world MPN experts

Don't forget patient MPN conference videos from the last 12 months. These are available to all of us at no charge and are a goldmine of information about the world's latest MPN treatments and developments. The latest two international conferences are available:

[MPN Education Foundation 2023 conference](#)

[MPN Advocates Network Nov 2022 conference](#)

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## MPN guidelines and articles

Did you know the MPN AA has an extensive number of [MPN guidelines and articles](#) covering the latest MPN research and scholarly articles?

If you check in on the MPN AA website each month or so, we always try to keep it up to date with the latest MPN articles and developments, Leukaemia Foundation webinars, support groups etc.

We hope you find it helpful.

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## Polycythemia vera in Taiwan – including incidence and prevalence data

There is a recently published study on polycythemia patients in Taiwan. It is about real-world patient characteristics and treatment patterns. Of particular interest is the incidence and prevalence of PV in Taiwan. The study also included intriguing comparisons with incidence and prevalence data from several other countries. Interestingly the US appears to have much higher PV numbers than elsewhere. Further information including the full article is available [HERE](#)

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### **Living well: Nutrition is so important**

A nutritious diet is vital. The MPN AA's Nathalie Cook, OAM who is an accredited practicing dietitian, has given talks both in Australia and internationally. [Her latest video presentation is so informative.](#)

And here is [the PDF](#).

We also have a delicious healthy recipe for you from one of our Canberra members.

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## Thai Lime Chicken

### Ingredients

Olive oil for frying

1 tablespoon finely chopped fresh ginger

2 spring onions (optional)

A couple of fresh lime leaves

1 stalk lemongrass, finely chopped

500g chicken mince

1/3 cup of freshly squeezed lime juice

1/3 cup of oyster sauce (I use Ayam brand)

1 cup of fresh chopped coriander

½ packet of rice noodles

The following vegetables are optional as are their quantities

1 red capsicum

1 cup sweet potato chopped and cooked

2 small zucchini or equivalent – chopped into smallish pieces

1 small eggplant – chopped into smallish pieces

1 fennel bulb – chopped into smallish pieces

### Method

Lightly fry the ginger, spring onion and lemongrass, then the other vegetables.

Set aside.

Add the chicken mince and cook, stirring for 8 minutes or so until cooked through.

Add the oyster sauce, lime juice, lime leaves, cooked sweet potato and all the other vegetables.

You might need to add some water to ensure it doesn't get too dry. Add the coriander.

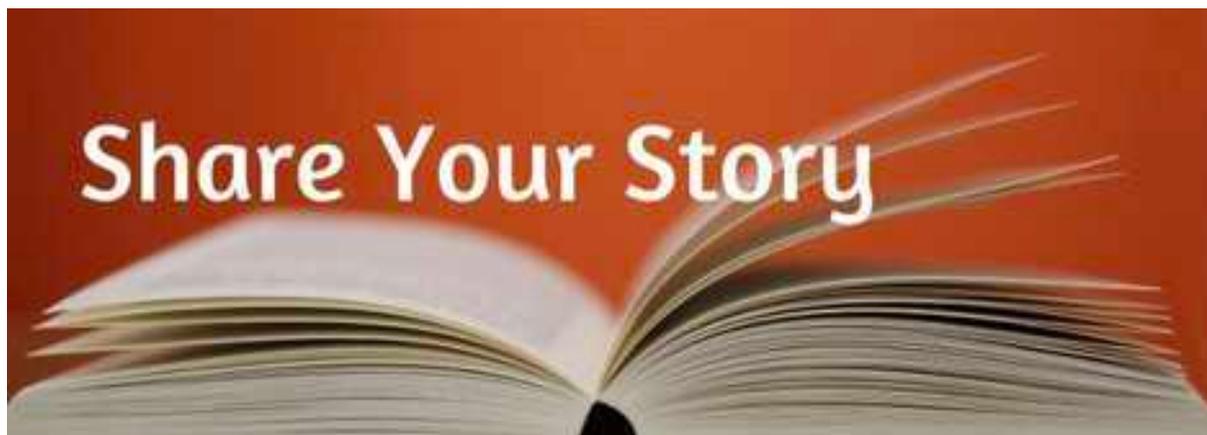
Cook about 10 more minutes to ensure everything is thoroughly cooked, especially the chicken.

Separately cook the rice noodles for about 6 minutes or so, drain and stir through before serving.

Serve hot.

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**HAPPY MPN AWARENESS DAY**



To help raise awareness of Myeloproliferative Neoplasms and to support other newly diagnosed MPN patients, we are seeking patient stories for the MPN Alliance Australia website. If you feel you would like to share your MPN journey, we would be very pleased to hear from you via our [Contact email](#)

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