



MPN MATTERS

ISSUE 36 - APRIL 2026



Cardiovascular issues and MPNs – emerging evidence

While we understand that MPN patients' main health risk continues to be thrombosis or bleeding, there is increasing evidence highlighting potential cardiovascular issues in MPN patients, especially those with myelofibrosis.

At the American Society of Hematology (ASH) meeting in December 2025, US cardiologist Dr Orly Leiva presented his latest research into cardiovascular

issues and MPNs. He has kindly given us his permission to showcase his work. We believe Dr Leiva's findings will interest MPN patients and haematologists.

For more details, including free access to Dr Leiva's article, 'Impact of statin use on cardiovascular and hematologic outcomes among patients with myeloproliferative neoplasms', see our website page on [Statin use and MPNs](#).

Danish haematologist, Dr Hans Hasselbalch who has a special interest in MPNs, also has strong views on the value of statins for MPN patients. His recently published review of statin use over the past two decades, '[Prime time for the use of statins in MPNs](#)', provides a basis for further discussion around health practitioners using statins in the care of MPN patients.

Ruxolitinib and heart failure outcomes in myelofibrosis (MF)

Dr Leiva presented a poster at ASH about a retrospective cohort of 144 MF patients who had not had any prior heart failure. He said MF patients are at increased risk of both heart failure and pulmonary hypertension. Dr Leiva and his team found that ruxolitinib treatment was associated with a lower risk of hospitalisation due to heart failure, as well as a lower incidence of any new pulmonary hypertension.

Explainer: Pulmonary hypertension occurs when blood pressure in the lungs is too high. It differs from normal blood pressure as it is a specific problem with lung circulation. In pulmonary hypertension, blood vessels in the lungs become narrow, stiff or blocked. This makes it more difficult for blood to move through, so pressure builds up. The right side of the heart then has to work much harder to push blood into the lungs. Over time, that strain may cause shortness of breath, fatigue, dizziness or fainting, swollen ankles or legs and chest discomfort.

Heart failure causing hospitalisation may mean ET or PV has progressed to MF

Interestingly, the research of Dr Leiva and his team has shown that serious heart failure in people with PV or ET could be an indicator of disease

progression. Dr Leiva said it should be a warning for haematologists to check for disease progression.

For more detail, see the article published in JACC: CardioOncology, August 2025. Full access is available at: [Beyond Thrombosis: Pulmonary Hypertension and Heart Failure in Patients With Myeloproliferative Neoplasms](#)

New MPN AA webpage on cardiovascular issues

Dr Leiva has assisted us in preparing a new webpage about MPNs and cardiovascular issues. It contains a great deal of information with useful links to other sites.

It also features information from haematologist Dr Cecily Forsyth's excellent presentation to the MPN symposium in Perth last year.

We hope you find this a useful reference page for cardiovascular health. Our [Cardiovascular health](#) page is live now.

As this is a new and rapidly expanding field of research, we will keep updating the webpage based on emerging evidence and also your feedback.

So please feel free to tell us what you think by emailing us at: mpnaa@mpnallianceaustralia.org.au

Young people and MPNs

Being diagnosed with an MPN at a younger age can feel especially isolating, as it is a rare disease and even rarer to be facing it earlier in life. Young patients often have different concerns from older patients, including work, study, fertility, family planning, exercise, and the emotional impact of living with a chronic illness at a time when life is meant to be moving quickly.

[This new webpage called Young people and MPNs](#) has been created to help young people living with MPNs, and those supporting them, find practical information, useful links, and resources that may help along the way.

Update on pruritus management

In our January newsletter, we suggested some strategies to manage MPN symptoms, including anecdotes from Australian MPN patients which they have found helpful to manage pruritus.

We received feedback that the dosage of beta alanine we listed may not be sufficient to help all patients who suffer badly from the itching.

As pruritus can be such a distressing issue for patients, we have updated our webpage to reflect this additional anecdotal information.

MPN AA recommends you discuss all supplements with your treating doctor before commencing as there can be unwanted side effects as well as adverse interactions with other medications.

[A case study was published in 2025 about a person \(without an MPN\) who had aquagenic pruritus and there were good results using beta alanine.](#) The case study outlines how the mechanism could work and still refers to MPN patients and suggests that “In conclusion, this study adds to the body of evidence supporting a role for β -alanine as an efficient and safe treatment option in patients with aquagenic pruritus.”

This updated information on pruritus is on our [symptoms page](#).

MPN coffee and chats and MPN lunches

We are pleased to advise of some wonderful MPN patients supporting their fellow patients by offering coffee and chats or lunches.

For details, please visit the events page:

<https://www.mpnallianceaustralia.org.au/events/#top>

- Canberra weekly coffee and chat –
email mpnaa@mpnallianceaustralia.org.au
-

LEUKAEMIA FOUNDATION LIVED EXPERIENCE ENGAGEMENT PROGRAM

The Leukaemia Foundation runs a Lived Experience Engagement Program which may be of interest to some MPN patients. It's about sharing personal experiences to help shape and improve the Leukaemia Foundation's services, programs and advocacy. So if you'd like to help improve experiences for people with blood cancer, more information is available [HERE](#).

LEUKAEMIA FOUNDATION PATIENT INFORMATION AND SUPPORT EVENTS

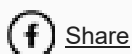
The Leukaemia Foundation runs Online Support Groups and Webinars throughout the year. They are open to all blood cancer patients. Details of the events and how to register are [HERE](#)



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](#)

[Send us an email](#)



[Share](#)



[Forward to Friend](#)

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

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 [unsubscribe here](#)

This email was sent to ianamyers@hotmail.com

[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

