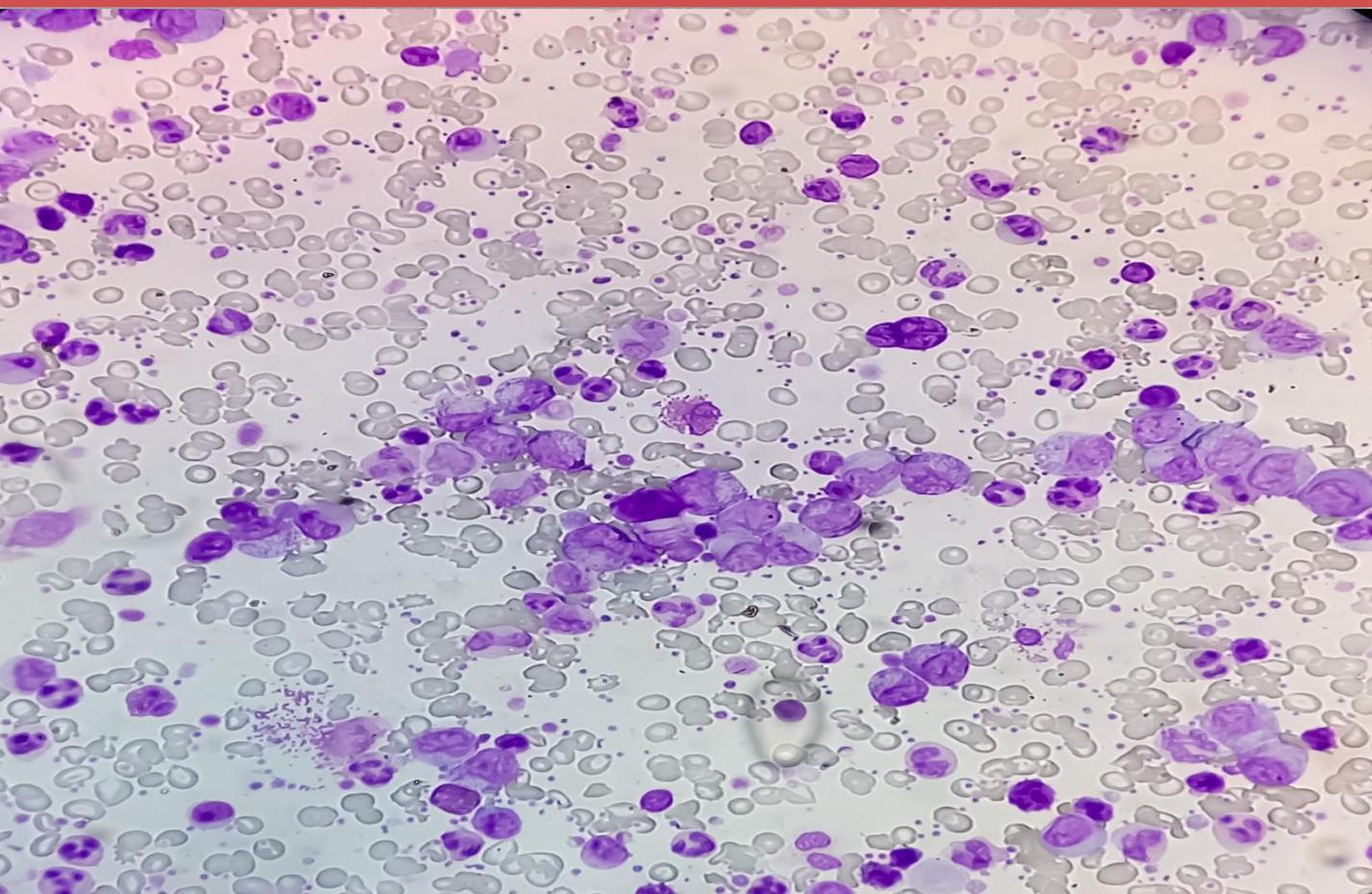


Department of
Haematology

Myeloproliferative Neoplasms (MPNs)



What are Myeloproliferative Neoplasms (MPNs)?

MPNs are a group of blood cancers that cause an increase in the number of blood cells. Many people with MPNs feel well and only need to be treated with oral drugs. The disorder often develops and progresses slowly.

What are the Types of MPNs?

There are different types of MPNs. The most common ones are:

- **Essential Thrombocythaemia:** Mainly caused by the bone marrow producing too many platelets. This increases the patient's risk of blood clot and bleeding.
- **Polycythaemia Vera:** Occurs largely as a result of the bone marrow producing too many red blood cells, white blood cells and platelets.
- **Primary Myelofibrosis:** Causes scarring of the bone marrow, which makes it more difficult to produce blood cells.
- **Chronic Myeloid Leukaemia (CML):** Mainly due to the bone marrow producing too many granulocytes, which is a type of white blood cells.

Who is at Risk?

Most patients do not have any identifiable risk, although exposure to intense radiation and certain chemicals could be possible risk factors.



Symptoms of MPNs

Blood clots leading to heart attacks, strokes, or swelling of the leg etc.



Frequent headaches



Tiredness



Itchy skin



Night sweats



Bone pain



Problems with sight such as blurred vision



Bruising or unusual bleeding



Many people with MPNs, however, do not have any symptoms. You may be diagnosed after a routine blood test.

Diagnosis



During your consultation, your doctor will ask about your symptoms and perform a physical examination.



Blood tests will be done to confirm or exclude the diagnosis of MPNs. A bone marrow examination may be required for certain patients.

Treatment Methods

Treatment depends on the type of MPNs. The aim of treatment is usually to control symptoms rather than cure the condition.

Treatment may include:

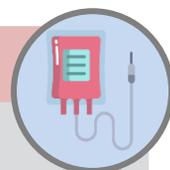
Drugs to Control Blood Count

- These might include weak forms of chemotherapy or drugs that target the immune system



Venesection

- Blood is removed to decrease the amount of red blood cells in the body



Targeted Therapy

- Drugs targeting cells' functions affected by the disease



Bone Marrow / Stem Cell Transplant

- This treatment aims to cure high risk MPNs



Clinic 1C

TTSH Medical Centre, Level 1

Contact: 6889 4664

Clinic 5A

TTSH Medical Centre, Level 5

Contact: 6889 4747

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Myeloproliferative Neoplasms



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