

Get the whole story about your PV

Whether you're newly diagnosed with polycythemia vera (PV) or you've been living with it for years, **this guide is intended to help you talk with your healthcare team.**

You have a lot going on in your life, and **organizing your thoughts** can help you remember and discuss important topics with your doctor.

Before your visit, fill in your information below and use the sample questions to help get the conversation started during your visit. You may also want to **bring a caregiver** along if you feel that an extra set of eyes or ears would support you in your discussions.

QUESTIONS TO HELP YOU PREPARE FOR YOUR VISIT	
MEDICATIONS	• Have there been any changes in medications or supplements you take?
SYMPTOMS Remember to bring your symptom tracker if you use one	• Have your PV symptoms gotten worse, better, or stayed the same? • How are your symptoms affecting daily activities, work, sleep, or mood? How frequently do they affect you? • Are you able to do what you need/want to do, day to day? If not, what is getting in the way? • Have you had to change or avoid anything because of your health? If yes, what have you changed, and how often?
HEALTH GOALS	• What goals do you have for your health, both short-term and long-term? • What are the top 3 most important things to you in your care? (For example, managing symptoms, avoiding side effects, or improving energy.) • What can you do to reduce your risk of blood clots and related health complications?
VISIT PRIORITIES	• What are your main concerns to discuss at this visit? • What do you need from your healthcare team at this visit? (For example, information, reassurance, treatment options/changes, or referrals.) • What questions do you have about your condition, test results, or treatment? (For a list of suggested treatment options, visit RethinkPV.com)

Notes:

QUESTIONS TO ASK DURING YOUR VISIT

Asking your healthcare team questions, no matter where you are in your treatment, can help you take a more active role in managing your care.

If you don't understand any part of what your healthcare provider tells you, ask her or him to explain it a different way.

ASK ABOUT YOUR DIAGNOSIS	• What do we need to do to take care of my PV? What is our plan to keep it under control? • What types of tests and monitoring will I need? • Can you explain what my most recent lab results mean? • What signs or symptoms should I expect?
ASK ABOUT YOUR SYMPTOMS	• What symptoms might I expect? How can I manage these to minimize impact to my lifestyle or relationships? What should I keep track of to help our ongoing discussions?
ASK ABOUT YOUR TREATMENT	• What should I expect from my treatment? • What side effects might I expect? What can I do to manage or reduce these? What should I keep track of to help our ongoing discussions? • How will I know if my treatment is (or isn't) working?
ASK ABOUT THE FUTURE	• How will PV, PV symptoms, or my treatment impact my daily life? What can I do to help me manage and continue doing the things I like to do? • What signs or test results should make me call you right away? • How long will I need to stay on treatment?

Notes:

AFTER YOUR VISIT

Your visit may be over, but your care continues. Are your PV symptoms still affecting you? Follow up with your doctor and work together to find the **right solutions to improve your quality of life.**

Be sure to write down any questions you may have so you or your caregiver can remember to ask them at your next appointment.

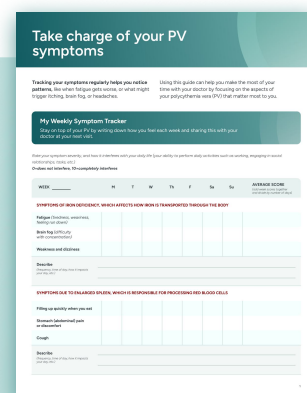
We hope this guide helps you have open and honest conversations with your care team about how you're feeling. **The more information you can give your doctor, the better they can provide care for your PV.**

Tracking your symptoms—like tiredness or itching—can help you remember them better, so you can talk about them more clearly.



Scan the QR code to visit our website and download your PV Symptom Tracker.

Click Here →



Visit RethinkPV.com and talk to your doctor for more information about polycythemia vera.

Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.