

Rethink **PV**

WHEN MANAGING POLYCYTHEMIA VERA (PV)

IT'S A FINE
LINE BETWEEN
CONTROL



AND RISK



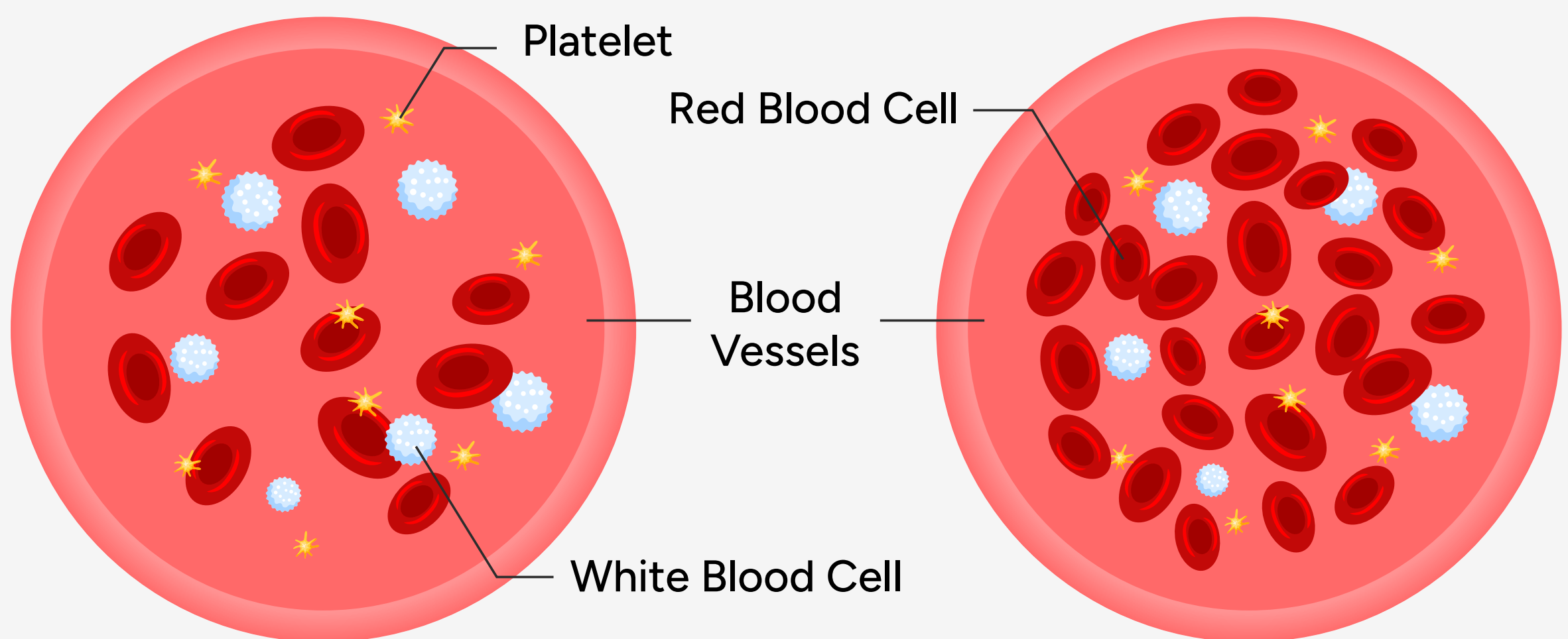
A Guide to Understanding PV:
Risks, Symptoms, and Management



What is polycythemia vera (PV)?

Polycythemia vera is a treatable, chronic blood cancer, and a type of myeloproliferative neoplasm (MPN).

When you have PV, your bone marrow produces too many red blood cells, which are the cells that carry oxygen throughout your body. Hematocrit (HCT) is used to measure the percentage of red blood cells in your blood.



Controlled HCT levels

Controlled HCT levels in PV are consistently below the 45% threshold

Uncontrolled HCT levels

Uncontrolled HCT levels in PV mean there are too many red blood cells in your blood, raising your HCT to 45% or higher

More red blood cells make your blood thicker. It also causes your blood to flow more slowly, which can make you feel more tired and out of breath.

The thicker blood caused by PV can raise your risk of blood clots, heart problems, and stroke.

The primary aim of PV management is to maintain HCT below the 45% threshold



Nearly 4 out of 5 people with PV did not consistently maintain their HCT below the 45% threshold, despite their current treatment.



In a large clinical study called CYTO-PV, people with PV who had HCT levels above the 45% threshold, specifically 45%–50%, were 4 times more likely to have a blood clot or die from a heart-related problem compared to those who kept it below 45%.

While the primary aim is to maintain HCT below the 45% threshold, other treatment goals include reducing the burden of phlebotomy, symptom reduction, and delaying disease progression.

Trying to manage your numbers while also managing your symptoms can feel like walking on a fine line.

Learn more about PV treatments at

RethinkPV.com

Recognize the symptoms of PV

PV can cause symptoms that may be mistaken for stress or aging. It's important to know the difference.

Symptoms include:



Symptoms of iron deficiency

- Tiredness (fatigue)
- Problems with concentration (brain fog)
- Physical inactivity
- Weakness and dizziness



Enlarged spleen from processing red blood cells

- Early feeling of fullness (satiety)
- Abdominal pain or discomfort
- Cough



Full body symptoms

- Night sweats
- Itching (pruritus) especially after taking a shower
- Bone pain
- Fever
- Unintentional weight loss (more than 10 pounds, within the last 6 months)

A subset of people may be asymptomatic or minimally symptomatic.

Managing PV includes understanding your lab results and more—it's about how you're functioning, coping, and living.

Approximately **9 out of 10 people with PV are experiencing symptoms at the time of their diagnosis**, but they aren't always talked about, or even addressed, leaving them feeling isolated.



Being open with your healthcare provider about what you're experiencing is key to getting the care you really need.

Explore helpful resources, like a Symptom Tracker, to record your symptoms and how you're feeling at

RethinkPV.com

The role of iron in PV

About 6 out of 10 people with PV have low iron, which is why it's important to understand how iron imbalance can also affect your PV symptoms and how you feel.



Iron is a key driver behind red blood cell production in the bone marrow.

When your body's iron levels aren't controlled, red blood cells can't do their job effectively, which can lead to fatigue, weakness, and broader disruptions in how the body functions.





In people with PV, the body uses iron too quickly, which can lead to increased red blood cells and low iron.



An imbalance in iron levels can also increase red blood cell count, this can further increase your chance of blood clots, heart attack, or stroke.

Phlebotomies are used as a treatment for temporary hematocrit reduction. However, they can exacerbate iron deficiency which can worsen symptoms, including extreme fatigue and brain fog, making daily living difficult for people with PV.



Learn more about iron and the role it plays in PV at

[RethinkPV.com](https://www.RethinkPV.com)

PV isn't always visible, but the impact is always real

PV can impact nearly every part of your life, from how you feel physically and emotionally to how present you are for your family, friends, and work.



Approximately 2 out of 3 people with PV, even those with low-risk PV or less severe symptoms, report that their **PV symptoms reduced their quality of life**, making them feel vulnerable and alone.



In a survey of 380 employed people living with PV, it was found that symptoms led to:

- Impacting time with family and social activities
- Limiting activities due to pain/discomfort from PV
- Interfering with their overall daily activities



In another survey of 393 respondents, almost half of people with PV had to make an **employment change to accommodate their symptoms**.

If you are experiencing any symptoms of PV that may be impacting your daily life, it's important to share this with your doctor.

Do you feel prepared for your next doctor appointment?

When you and your doctor communicate openly, it can help build a strong partnership, reduce anxiety around conversations, and lead to personalized, effective care.



For more information on PV, as well as helpful tools and guides for your next doctor's appointment, visit

RethinkPV.com →