

LIVING WITH MYELOPROLIFERATIVE NEOPLASMS (MPNS)

A THREE-PART SERIES



CANCERcare®

Over 75 Years of Help and Hope

A CancerCare Connect® Education Workshop

This activity is supported by GlaxoSmithKline and an educational grant from Morphosys US Inc. CancerCare's application for continuing education credits for this program is supported by the Diana Napoli Fund.

Register
Today!



Progress in the Treatment of Myeloproliferative Neoplasms (MPNs) PART I OF A THREE PART SERIES

WEDNESDAY, FEBRUARY 21, 2024 FROM 1:30 p.m. - 2:30 p.m. ET

SPEAKERS

Prithviraj Bose, MD, Professor, Department of Leukemia, University of Texas MD Anderson Cancer Center

Kristina Gowin, DO, Associate Professor of Medicine, Division of Hematology and Oncology, Program Director, Hematology Oncology Fellowship Program, Founder/Director, Integrative Medicine in Hematology Oncology Fellowship University of Arizona, University of Arizona College of Medicine, Tucson, Arizona

Carolyn Messner, DSW, BCD, FAPOS, FAOSW, Senior Director of Education and Training, CancerCare

TOPICS:

- Overview of Myelofibrosis (MF), Polycythemia Vera (PV), & Essential Thrombocythemia (ET)
- Staging & Diagnosing
- Current Standard of Care & New Treatment Approaches
- Understanding Common Symptoms
- Working with Your Health Care Team to Manage Your Symptoms
- Strategies to Reduce Potential Complications of MPN
- The Important Role of Clinical Trials
- How Research Increases Your Treatment Options
- Communicating with Your Health Care Team About Staging & Progression
- Talking with Your Doctor About What Symptoms Should Prompt You or Your Caregiver to Call the Office
- Integrative Medicine, Quality of Life & Concerns About Life Expectancy
- Guidelines to Prepare for Telehealth/Telemedicine Appointments, Including Technology, Prepared List of Questions, Adherence & Discussion of OpenNotes
- Questions to Ask Our Panel of Experts

For more information or to register, please contact our Hopeline at 800-813-HOPE (4673)
or register online at www.cancercare.org/connect

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LIVING WITH MYELOPROLIFERATIVE NEOPLASMS (MPNS) A THREE-PART SERIES



Managing Treatment Side Effects, Aches & Pains From Myeloproliferative Neoplasms (MPNs)

PART II OF A THREE PART SERIES

WEDNESDAY, FEBRUARY 28, 2024 FROM 1:30 p.m. - 2:30 p.m. ET

SPEAKERS

Aaron T. Gerds, MD, MS, Associate Professor of Medicine, Hematology & Medical Oncology, Deputy Director for Clinical Research, Cleveland Clinic Taussig Cancer Institute, Medical Director, Case Comprehensive Cancer Center Clinical Research Office, Principal Investigator, Case Lead Academic Participating Site

Prithviraj Bose, MD, Professor, Department of Leukemia, University of Texas MD Anderson Cancer Center

Kristina Gowin, DO, Associate Professor of Medicine, Division of Hematology and Oncology, Program Director, Hematology Oncology Fellowship Program, Founder/Director, Integrative Medicine in Hematology Oncology Fellowship University of Arizona, University of Arizona College of Medicine, Tucson, Arizona

Carolyn Messner, DSW, BCD, FAPOS, FAOSW, Senior Director of Education and Training, CancerCare

TOPICS:

- Review of the Treatments of Polycythemia Vera (PV), Essential Thrombocythemia (ET) & Myelofibrosis (MF) & Common Treatment Side Effects
- Reducing Complications of Myeloproliferative Neoplasms (MPNs): What You Need to Know & Do
- Key Concerns to Discuss with Your Doctor & Health Care Team, Including Treatment Side Effects & Symptoms Requiring Immediate Attention Between Appointments
- Keeping a Journal of Specific Side Effects, Symptoms, Discomfort & Pain to Report to Your Doctor
- Know the Warning Signs of a Potential Medical Emergency & What to Do
- How Being More Assertive May Improve Your Care & Quality of Life
- Questions to Ask Our Panel of Experts

**Register
Today!**



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LIVING WITH MYELOPROLIFERATIVE NEOPLASMS (MPNS) A THREE-PART SERIES



The Role of Nutrition, Exercise, & Meditation in Coping with Myeloproliferative Neoplasms (MPNs)

PART III OF A THREE PART SERIES

THURSDAY, APRIL 4, 2024 FROM 1:30 p.m. - 2:30 p.m. ET

SPEAKERS

Kristina Gowin, DO, Associate Professor of Medicine, Division of Hematology and Oncology, Program Director, Hematology Oncology Fellowship Program, Founder/Director, Integrative Medicine in Hematology Oncology Fellowship University of Arizona, University of Arizona College of Medicine, Tucson, Arizona

Elizabeth K. O'Donnell, MD, Clinical Director of Early Detection and Prevention of Cancer, Dana-Farber Cancer Institute, Assistant Professor of Medicine, Harvard Medical School

Diana L. Bearden, MS, RD, CSO, LD, CNSC, Oncology Dietitian, Michael E. DeBakey VA Medical Center

Carolyn Messner, DSW, BCD, FAPOS, FAOSW, Senior Director of Education and Training, CancerCare

TOPICS:

- Overview of MPN-Related Weight Changes
- Causes of Your Weight Loss or Weight Gain
- Strategies for Managing Your Weight
- Common Weight-Related, Eating, & Hydration Questions to Ask Your Doctor & Health Care Team
- Nutrition & Hydration Concerns & Tip
- Benefits of Physical Activity
- How Meditation & Integrative Medicine May Help You Cope
- Guidelines to Prepare for Telehealth/Telemedicine Appointments including: Technology, Prepared List of Questions, Quality-of-Life Concerns & Discussion of OpenNotes
- Questions to Ask Our Panel of Experts

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What is a CancerCare Connect® Education Workshop?

CancerCare Connect® Education Workshops are a cost-free way to learn about cancer-related issues from the convenience of your home or office. Leading experts in oncology provide the most up-to-date information on the telephone and online.

How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

How do I register?

There are two ways to register:

- Call **800-813-HOPE (4673)**
- Register online at www.cancercare.org/connect

After you have registered, you will receive additional information.

Missed a CancerCare Connect® Education Workshop?

You can listen to previous workshops on the CancerCare website. Just log on to www.cancercare.org/podcasts.

Continuing Education Credits (Live Only)

Social Workers: This program has been submitted to The University of Texas MD Anderson Cancer Center, an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607, for 1.0 Contact Hour.

Cancer Care, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0088. This workshop is approved for 1.0 Contact Hour.

Registered Dietitians: This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU).

To request continuing education paperwork, please email your name, profession, and address to connect@cancercare.org after the program. All paperwork for continuing education credit must be requested, completed, and submitted within two weeks of the live program.

About Us

Founded in 1944, CancerCare is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include resource navigation, counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.

To learn more, visit www.cancercare.org or call **800-813-HOPE (4673)**.

CancerCare is pleased to collaborate with these organizations:

Advanced Practitioner Society for Hematology and Oncology (APSHO)

www.apsho.org

American Cancer Society

www.cancer.org; 1-800-227-2345

American Psychosocial Oncology Society

www.apos-society.org

American Society of Clinical Oncology

www.cancer.net

The Association for Molecular Pathology (AMP)

outreach.amp.org; 1-301-634-7939

Association of Clinicians for the Underserved

www.clinicians.org; 1-844-422-8247

Association of Oncology Social Work

www.aosw.org; 1-847-686-2233

Black Women's Health Imperative

www.bwhi.org; 1-202-548-4000

Blood & Marrow Transplant Information Network

www.bmtinfonet.org; 1-888-597-7674

Bone Marrow & Cancer Foundation

www.bonemarrow.org; 1-800-365-1336

Cancer Legal Resource Center (CLRC)

www.thedrlc.org/cancer/; (866) THE-CLRC (843-2572)

Cancer Patient Education Network

www.cancerpatienteducation.org

Cancer Support Community

www.cancersupportcommunity.org; 1-888-793-9355

Caregiver Action Network

www.caregiveraction.org

DKMS

www.dkms.org; 1-212-209-6700

Intercultural Cancer Council

www.interculturalcancercouncil.org

Joe's House – A Lodging Guide for Cancer Patients

www.joeshouse.org; 1-877-563-7468

Latinas Contra Cancer

www.latinascontracancer.org; 1-408-280-0811

The LGBT Cancer Project

www.lgbtcancer.org

LIVESTRONG Foundation

www.livestrong.org; 1-855-220-7777

Multinational Association of Supportive Care in Cancer

www.mascc.org

National Association of Social Workers

www.socialworkers.org; 1-202-408-8600

National Bone Marrow Transplant Link

www.nbmtlink.org; 1-800-LINK-BMT (1-800-546-5268)

National Center for Frontier Communities

www.frontierus.org; 1-575-534-0101

National Coalition for Cancer Survivorship

www.canceradvocacy.org; 1-877-NCCS-YES (1-877-622-7937)

National Comprehensive Cancer Network® (NCCN®) –

NCCN Guidelines for Patients®

www.nccn.org/patients

NeedyMeds

www.needymeds.org; 1-800-503-6897

NMDP™ Patient Support Center

www.nmdp.org/one-on-one; 1-888-999-6743

MPN Research Foundation

www.mpnresearchfoundation.org

MPN Education Foundation

www.mpninfo.org

Prevent Cancer Foundation®

www.preventcancer.org; 1-800-227-2732

Redes en Acción: The National Latino Cancer

Research Network at UT Health San Antonio

www.redesenaccion.com; 1-210-562-6500

Research Advocacy Network

www.researchadvocacy.org; 1-877-276-2187

Scott Hamilton CARES Foundation

www.scottcares.org

Triage Cancer

www.triagecancer.org; 1-424-258-4628

Vital Options International

www.vitaloptions.org

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