

Take an Active Role in Your Care: Communicate Your Symptoms to Your Healthcare Team

Myelofibrosis (MF) can cause a variety of symptoms, some of which you may have experienced even before being diagnosed. Many people with MF don't realize that their symptoms may be caused by their disease.

These symptoms can have a very real impact on your life. Symptoms can also provide valuable information about your disease, so it's important to discuss them with your healthcare team.

Get to know these MF-related symptoms:



Pain or discomfort in your abdomen or under your left ribs



Feeling full when you haven't eaten or have eaten very little



Fatigue (weariness, tiredness)



Inactivity or not being able to do the activities you like to do



Trouble concentrating or "brain fog"



Sweating at night or during the day



Bone pain (widespread, not joint pain or arthritis)



Itching, especially after a warm shower



Weight loss in the past 6 months, without intentionally trying to lose weight



Fever >100°F

Talk to your healthcare professional about any new or changing symptoms you may be experiencing, even if you think they are not related to your MF

