

LIVING WITH MYELOPROLIFERATIVE NEOPLASMS (MPNs)

A THREE-PART SERIES

80
CANCERcare
A LEGACY OF HELP & HOPE

A CancerCare Connect® Education Workshop

This activity is supported by GlaxoSmithKline.

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, JANUARY 8, 2025 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, ABOIM, Associate Clinical Professor, Director of Education, Cherrig Family Center for Integrative Oncology, Departments of Supportive Care Medicine and Hematology/HCT, City of Hope Comprehensive Cancer Center

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 Myeloproliferative Neoplasms (MPNs)
- 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 for 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**

Facebook: facebook.com/cancercare | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare

LIVING WITH MYELOPROLIFERATIVE NEOPLASMS (MPNs)

A THREE-PART SERIES



Managing the Treatment Side Effects, Aches, and Pains from Myeloproliferative Neoplasms (MPNs)

PART II OF A THREE PART SERIES

WEDNESDAY, JANUARY 22, 2025 FROM 1:30 p.m. - 2:30 p.m. ET

SPEAKERS

Akriti G Jain, MD, FACP, Associate Staff, Leukemia & Myeloid Disorders Division, Taussig Cancer Institute, Cleveland Clinic

Gabriela S. Hobbs, MD, Clinical Director, Leukemia Service, Massachusetts General Hospital, Associate Professor, Harvard Medical School

Kristina Gowin, DO, ABOIM, Associate Clinical Professor, Director of Education, Cherng Family Center for Integrative Oncology, Departments of Supportive Care Medicine and Hematology/HCT, City of Hope Comprehensive Cancer Center

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

TOPICS:

- Review of the Treatments for 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 for Our Panel of Experts

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



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

PART III OF A THREE PART SERIES

FRIDAY, FEBRUARY 7, 2025 FROM 1:30 p.m. - 2:30 p.m. ET

SPEAKERS

Kristina Gowin, DO, ABOIM, Associate Clinical Professor, Director of Education, Cherng Family Center for Integrative Oncology, Departments of Supportive Care Medicine and Hematology/HCT, City of Hope Comprehensive Cancer Center

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 Myeloproliferative Neoplasm-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 & Tips
- 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 for 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.

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.asco.org
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
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
MPN Research Foundation
www.mpnresearchfoundation.org
MPN Education Foundation
www.mpninfo.org
Multinational Association of Supportive Care in Cancer
www.mascc.org
National Association of Social Workers
www.socialworkers.org; 1-202-408-8600
National Center for Frontier Communities
www.frontierus.org; 1-575-534-0101
National Bone Marrow Transplant Link
www.nbmtlink.org; 1-800-LINK-BMT (1-800-546-5268)
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
National Organization for Rare Disorders®
www.rarediseases.org; 1-203-744-0100
NeedyMeds
www.needymeds.org; 1-800-503-6897
NMDP™ Patient Support Center
www.nmdp.org/one-on-one; 1-888-999-6743
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

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)**.

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