

# Take an Active Role in Your Care:

## Communicate Your Symptoms to Your Healthcare Team

Keeping your blood counts under control is one important goal of managing polycythemia vera (PV). Recognizing and discussing symptoms with your healthcare team is another important goal.

Whether your blood counts are under control or not, PV can still cause burdensome symptoms that can have a very real impact on your life.

Many people with PV don't realize that their symptoms may be caused by their disease. Get to know these PV-related symptoms:



**Fatigue** (weariness, tiredness)



**Pain or discomfort** in your abdomen or under your left ribs



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



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



**Sweating** at night or during the day



**Bone pain** (widespread, not joint pain or arthritis)



**Itching**, especially after a warm shower



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



**Trouble concentrating** or "brain fog"



**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 PV.*

