

Myelofibrosis (MF)

Myelofibrosis (MF) is a very rare, slow-growing blood cancer. It causes scarring in your bone marrow, stopping it from making enough healthy blood cells. MF belongs to a group of conditions called myeloproliferative neoplasms (MPNs).

There are two main types of MF:

- Primary myelofibrosis is MF that develops in people who have not had bone marrow problems before
- Secondary myelofibrosis is MF that develops from another MPN

We do not know the exact cause of MF. It is not due to something you did or did not do, and you cannot usually pass it on to any children you may have.

You might not have any symptoms of MF when you are first diagnosed. But you might get signs and symptoms over time. These may include:



Fatigue



**Tummy pain
or fullness**



Night sweats



Itchy skin



Fever



**Problems with
concentration**



Bone pain



**Unexplained
weight loss**

MF is diagnosed by blood tests and bone marrow tests.

MF is grouped into low risk, medium (intermediate) risk, and high risk. These groups help your haematology team assess how much of a risk MF is to your health. They use your risk group to work out the best treatment plan for you.

Monitoring for MF

You might not need treatment straight away. Instead, you'll have regular check-ups to see how MF is affecting you. This is called 'active monitoring' or 'watch and wait'.

You'll start treatment if and when you need it.

Treatment for MF

Most people with MF have targeted medicines called JAK inhibitors. You take them as a tablet or capsule at home once or twice a day. They include:

- Ruxolitinib
- Momelotinib
- Fedratinib



Other treatments include:

- Hydroxycarbamide: chemotherapy capsules that lower your blood counts and help control your symptoms
- Peginterferon: an injected medicine that might be recommended if you are young or pregnant

You might also have treatments to prevent or manage other problems that can develop from having MF. You'll have regular check-ups to see how your MF is responding to treatment and how you are coping.

Sometimes, MF can change into a faster-growing type of blood cancer called acute myeloid leukaemia. If this happens, your symptoms might worsen, and you will need different treatment.

For [more information about MF](#), follow the link. Or search 'MF' at www.leukaemiacare.org.uk or scan the QR code. This also includes links to order free information in print.

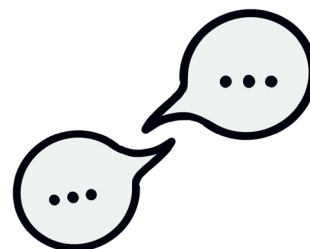


Need help? We offer a range of [support services](#). To find out more, scan the QR code, click the link or search 'support for you' at leukaemiacare.org.uk.



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Message us on WhatsApp at **07500 068065**
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