Taking an Active Role in Your Treatment With Jakafi®

Being an active participant in your care is an important part of your treatment with Jakafi. The information you have been receiving in the IncyteCARES (Connecting to Access, Reimbursement, Education and Support) mailings is intended to help empower you to work with your doctor to manage your intermediate or high-risk myelofibrosis. An important part of treatment with Jakafi is symptom management. That is the focus of this resource. The more you understand about your symptoms, the more prepared you will be to partner with your doctor to manage them. Common symptoms of myelofibrosis include abdominal discomfort, an early feeling of fullness, pain under the left ribs, itching, night sweats, and bone/muscle pain. You have the right to take control of your symptoms. The information presented here can help you understand your symptoms.

Remember, each month when it is time to refill your prescription for Jakafi, your specialty pharmacy will call you to verify information prior to shipping. If you have any questions about your prescription for Jakafi, please call your doctor or 1-855-4-Jakafi (855-452-5234). If you need help paying for Jakafi, please contact an IncyteCARES representative at 1-855-4-Jakafi (855-452-5234) to see if you are eligible for financial assistance.

Information in this booklet is not intended to replace the advice of your doctor. Please see Important Safety Information on page 15 and accompanying Full Prescribing Information, which includes a more complete discussion of the risks associated with Jakafi.
Getting the Whole Picture

Itching, night sweats, and bone/muscle pain are common symptoms of myelofibrosis.

In the last IncyteCARES mailing that you received, the spleen-related symptoms that myelofibrosis can cause, such as abdominal discomfort, an early feeling of fullness, and pain under the left ribs, were explored. If you did not receive this mailing, you can call 1-855-4-Jakafi (855-452-5234) and ask an IncyteCARES representative to send you one.

Some symptoms of myelofibrosis are not related to the spleen. They include:
- Itching
- Night sweats
- Bone/muscle pain

These symptoms were measured in a clinical study of people taking Jakafi® (ruxolitinib). The results of the study showed that:

- Almost half (46%) of the people taking Jakafi in the study had their Total Symptom Score (TSS) improve by 50% or more after 6 months of treatment, compared to only 5% of people taking placebo.
- 80% of patients taking Jakafi had some level of improvement, even if it wasn't 50%.
- In many people who did not take Jakafi, these symptoms often got worse.

The TSS represents a group of symptoms that were measured over a 6-month period and consisted of abdominal discomfort, pain under the left ribs, an early feeling of fullness, night sweats, itching, and bone and muscle pain. Each of the symptoms was scored based on how severe it was, and the individual scores were added together to determine the TSS.

Since you have been taking Jakafi, you may notice that some of your non–spleen-related symptoms have already improved. That is why it is so important to keep taking your Jakafi as prescribed.

Jakafi is a prescription medicine used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post-polycythemia vera myelofibrosis, and post-essential thrombocythemia myelofibrosis.

Important Safety Information to Consider

Jakafi can cause serious side effects, including:

- Low blood counts: Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

- Infection: You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi.

Talk to your doctor about any symptoms that appear, even if you are not sure that they are caused by myelofibrosis.

Please see page 15 to learn more about these and other side effects of Jakafi.
Jakafi is a prescription medicine used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post-polycythemia vera myelofibrosis, and post–essential thrombocythemia myelofibrosis.

What Causes My Uncomfortable Symptoms?

To understand why you may experience these symptoms, it helps to review what might be causing them. Because you have intermediate or high-risk myelofibrosis, proteins in your blood cells called JAKs (Janus kinases) are sending too many signals or messages.

This “overactive JAK signaling” causes your body to make too many cytokines—the inflammatory proteins that can cause the itching, night sweats, and other symptoms of myelofibrosis. Other substances that can cause itching are found in mast cells (see sidebar on next page).

Jakafi® (ruxolitinib) decreases overactive JAK signaling, which helps to reduce the number of cytokines in your blood and may reduce the symptoms caused by these proteins, such as itching and night sweats.

Why Do I Itch So Much?

In addition to cytokines, the itching caused by myelofibrosis may be caused by a certain type of cell called a mast cell. Mast cells give off substances called histamines that may cause itching. You may be familiar with histamines as causing some of the symptoms of allergies.

Important Safety Information to Consider

Jakafi can cause serious side effects, including:

Low blood counts: Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

Infection: You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi. Talk to your healthcare provider about any questions or concerns you may have.

Please see page 15 to learn more about these and other side effects of Jakafi.
Jakafi is a prescription medicine used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post-polycythemia vera myelofibrosis, and post-essential thrombocythemia myelofibrosis.

Jakafi can cause serious side effects, including:

- **Low blood counts:** Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

- **Infection:** You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi. Talk to your healthcare provider about any questions or concerns you may have.

Please see page 15 to learn more about these and other side effects of Jakafi.

You do not have to simply put up with the symptoms that myelofibrosis can cause, like itching. There are things you can try, such as treating the disease itself by continuing to take Jakafi® (ruxolitinib) as prescribed. As you stay on therapy with Jakafi, you may notice that your itching becomes less severe.

The scientific word for itching is “pruritus.”

**What Can I Do to Help Stop the Itching?**

**Other ways to try to reduce your itching involve simple lifestyle changes. Here are some helpful hints:**

**Change the way you bathe or shower**
- Use warm or cool water instead of hot water
- Use baby wash or very mild soap
- Carefully pat yourself dry
- Keep your skin moisturized with lotion

**Reduce your skin’s exposure to sweat**
- Bathe right away after you exercise
- Be prepared by carrying a cloth with you to wipe away sweat
- **Watch what you eat**
- Avoid eating spicy foods or drinking alcohol

More helpful tips for managing itching can be found at the National Cancer Institute’s Web site at [www.cancer.gov/cancertopics/pdq/supportivecare/pruritus/Patient/page4](http://www.cancer.gov/cancertopics/pdq/supportivecare/pruritus/Patient/page4).

“**My itching can feel like burning. It’s impacted by any contact with water.”**

—Patient with myelofibrosis

“**My itching can feel like burning. It’s impacted by any contact with water.”**

—Patient with myelofibrosis
Jakafi is a prescription medicine used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post–polycythemia vera myelofibrosis, and post–essential thrombocythemia myelofibrosis.

The night sweats you may experience, which some people describe as making them “soaking wet,” may be caused by increased levels of cytokines. One way to try to reduce night sweats is continuing to take Jakafi® (ruxolitinib). Jakafi may help reduce the number of cytokines in your body.

Here are some other tips for you to discuss with your doctor about managing the night sweats that myelofibrosis may cause:
- Drink water to stay hydrated
- Wear loose clothes to bed
- Try to wear clothes made of cotton and other natural fibers
- Sleep under lightweight sheets and blankets
- Sleep with the window open or a fan blowing near the bed
- Practice deep breathing and other relaxation techniques
- Practice self-hypnosis

Be sure to talk to your doctor if your night sweats occur on a regular basis or disrupt your sleep. There are things you can do to help manage this symptom. Visit the National Cancer Institute’s Web site for more information and tips at www.cancer.gov/cancertopics/pdq/supportivecare/fever/Patient/page1/AllPages#Keypoint19.

Here are some other tips for you to discuss with your doctor about managing the night sweats that myelofibrosis may cause:
- Drink water to stay hydrated
- Wear loose clothes to bed
- Try to wear clothes made of cotton and other natural fibers
- Sleep under lightweight sheets and blankets
- Sleep with the window open or a fan blowing near the bed
- Practice deep breathing and other relaxation techniques
- Practice self-hypnosis

Some people find relief of night sweats from cooling or wicking bedding and sleepwear, which are made of quick-drying fabrics. Here are some examples of Web sites where you can find these products. Incyte Corporation does not endorse these companies.
- www.cool-jams.com/
- www.drinights.com/store/merchant.mvc?
- www.coolwickingpjs.com/product/Jams-Pillow

In addition to the abdominal pain that may be caused by an enlarged spleen, myelofibrosis can also cause bone or muscle pain in some people.

It is not clearly known exactly what causes this type of pain. The cytokines that cause itching and night sweats are also thought to be a cause of bone/muscle pain. Another source of pain could be the bone marrow scarring from myelofibrosis.

The Internet is a good place to find helpful information about the bone pain of myelofibrosis as well as other symptoms. For example, visit www.mayoclinic.com/health/myelofibrosis/DS00886/DSECTION=complications to learn more.

Jakafi can cause serious side effects, including:

**Low blood counts:** Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

**Infection:** You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi.

Talk to your healthcare provider about any questions or concerns you may have.

Please see page 15 to learn more about these and other side effects of Jakafi.
Jakafi is a prescription medicine used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post-polycythemia vera myelofibrosis, and post-essential thrombocythemia myelofibrosis.

**Tips for Smart Eating**

A complete plan for managing intermediate or high-risk myelofibrosis symptoms may include proper nutrition, like the meal plan described below, regular exercise, and taking your Jakafi® (ruxolitinib) as prescribed. Always talk with your doctor or other healthcare providers before beginning or changing any diet or exercise plan.

**BREAKFAST**
- Whole-grain cereal with skim or low-fat milk and fresh fruit (no sugar)
- Whole wheat toast with margarine (trans-fat free)
- Water or milk

**LUNCH**
- Whole-wheat sandwich of lean meat, poultry, or fish, with lettuce, tomato, and low-fat spread
- Carrot or celery sticks, salad, or vegetable soup
- Fresh fruit
- Skim or low-fat milk

**DINNER**
- Chicken (baked or roasted)
- Steamed vegetables
- Baked potato with low-fat sour cream
- Salad with low-fat dressing
- Fresh fruit
- Water, tea, or other nonalcoholic beverage

**Working With Your Doctor**

With myelofibrosis, your symptoms may come and go. You may experience certain symptoms on some days and not on others. Because your symptoms can be unpredictable, it is important that you:
- Continue to take your Jakafi® (ruxolitinib) as prescribed by your doctor to help treat your disease.
- Keep your doctor informed about any symptoms you have and how they affect your life.

Myelofibrosis typically worsens over time, leading to more severe symptoms. Jakafi may be able to help—as long as you continue to take it. Once treatment with Jakafi stops, symptoms are expected to return in as little as 1 week.

Your doctor may allow up to 6 months to see if treatment with Jakafi is helping to reduce your spleen size and improve your symptoms.

Depending on how you are responding to Jakafi, your doctor may raise or lower your dose. This may be done:
- In response to changes in your blood counts
- In order to continue to treat your condition

Always tell your doctor about how you are feeling and any symptoms you are having. And do not stop taking Jakafi without speaking with your doctor.

**Important Safety Information to Consider**

Jakafi can cause serious side effects, including:

- **Low blood counts:** Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

- **Infection:** You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi. Talk to your healthcare provider about any questions or concerns you may have.

Please see page 15 to learn more about these and other side effects of Jakafi.
Jakafi is a prescription medicine used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post–polycythemia vera myelofibrosis, and post–essential thrombocythemia myelofibrosis.

If you did not receive the Patient Packet, contact an IncyteCARES representative at 1-855-4-Jakafi (855-452-5234) to request one.

Remember, every person with myelofibrosis is different, and your symptoms may differ from those of another person with the disease and may come and go on different days. The symptom tracker is intended to provide a snapshot of how people living with myelofibrosis generally feel.

One way you can take an active role in your healthcare is to track your myelofibrosis symptoms in between doctor visits. The My Myelofibrosis Symptom Tracker that is included in the Patient Packet provides a tool you can use to track your symptoms over time and share the information with your doctor.

The MPN Coalition is comprised of the following not-for-profit healthcare organizations:

- CancerCare (www.cancercare.org)
- Cancer Support Community (www.cancersupportcommunity.org)
- Leukemia and Lymphoma Society (www.lls.org)
- MPN Education Foundation (www.mpninfo.org)
- MPN Research Foundation (www.mpnresearchfoundation.org)
- National Association of Rare Diseases (www.rarediseases.org)

Incyte Corporation is not affiliated with these organizations but has provided funding for some of their educational programs.

Visit the Web sites of each of these associations to learn more about the symptoms of myelofibrosis and how you can help your loved one track and manage them over time.

Introducing the MPN Coalition

The MPN Coalition is a group of organizations that banded together to help people living with myelofibrosis. The Coalition aims to create greater awareness of rare diseases like myelofibrosis and to enhance education and access to care.

Also visit the NORD Web site at www.rarediseases.org/rare-disease-information/resources-tools/partner-resources for helpful resources about myelofibrosis.

Important Safety Information to Consider

Jakafi can cause serious side effects, including:

Low blood counts: Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

Infection: You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi. Talk to your healthcare provider about any questions or concerns you may have.

Please see page 15 to learn more about these and other side effects of Jakafi.
A Message for Caregivers

Coping with a progressive, chronic condition like myelofibrosis can be difficult for the person who has it—and for you, the caregiver. This is because:
- Every person’s condition may progress differently.
- There are a variety of symptoms that may come and go.

One way for both of you to keep careful track of all symptoms as they occur is by encouraging your loved one to complete the My Myelofibrosis Symptom Tracker. You are encouraged to help your loved one complete the symptom calendar on a regular basis. It is also helpful to review together the tips offered for partnering with the healthcare team. This guidance can help you and your loved one find resources and support for managing the symptoms of myelofibrosis.

Indication

Jakafi is a prescription medicine that may be used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post-polycythemia vera myelofibrosis, and post-essential thrombocythemia myelofibrosis.

Important Safety Information

Jakafi can cause serious side effects, including:

Low blood counts: Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Your healthcare provider may change your dose of Jakafi or stop your treatment based on the results of your blood tests.

Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

Infection: You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi. Ask your healthcare provider or pharmacist for more information. Tell your healthcare provider about any side effect that bothers you or that does not go away.

Before taking Jakafi, tell your healthcare provider about all the medications, vitamins, and herbal supplements you are taking and all your medical conditions, including if you have an infection, have or have had liver or kidney problems, are on dialysis, or have any other medical condition. Do not drink grapefruit juice while taking Jakafi.

Women should not take Jakafi while pregnant or planning to become pregnant, or if breast-feeding.

Please see accompanying Full Prescribing Information, which includes a more complete discussion of the risks associated with Jakafi.

Indication

Jakafi is a prescription medicine that may be used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post-polycythemia vera myelofibrosis, and post-essential thrombocythemia myelofibrosis.

Important Safety Information

Jakafi can cause serious side effects, including:

Low blood counts: Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Your healthcare provider may change your dose of Jakafi or stop your treatment based on the results of your blood tests.

Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

Infection: You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi. Ask your healthcare provider or pharmacist for more information. Tell your healthcare provider about any side effect that bothers you or that does not go away.

Before taking Jakafi, tell your healthcare provider about all the medications, vitamins, and herbal supplements you are taking and all your medical conditions, including if you have an infection, have or have had liver or kidney problems, are on dialysis, or have any other medical condition. Do not drink grapefruit juice while taking Jakafi.

Women should not take Jakafi while pregnant or planning to become pregnant, or if breast-feeding.

Please see accompanying Full Prescribing Information, which includes a more complete discussion of the risks associated with Jakafi.

Indication

Jakafi is a prescription medicine that may be used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post-polycythemia vera myelofibrosis, and post-essential thrombocythemia myelofibrosis.

Important Safety Information

Jakafi can cause serious side effects, including:

Low blood counts: Jakafi may cause your platelet, red blood cell, or white blood cell counts to be lowered. If you develop bleeding, stop taking Jakafi and call your healthcare provider. Your healthcare provider will perform blood tests to check your blood counts before you start Jakafi and regularly during your treatment. Your healthcare provider may change your dose of Jakafi or stop your treatment based on the results of your blood tests.

Tell your healthcare provider right away if you experience unusual bleeding, bruising, fatigue, shortness of breath, or a fever.

Infection: You may be at risk for developing a serious infection while taking Jakafi. Tell your healthcare provider if you develop symptoms such as chills, nausea, vomiting, aches, weakness, fever, or painful skin rash or blisters.

These are not all the possible side effects of Jakafi. Ask your healthcare provider or pharmacist for more information. Tell your healthcare provider about any side effect that bothers you or that does not go away.

Before taking Jakafi, tell your healthcare provider about all the medications, vitamins, and herbal supplements you are taking and all your medical conditions, including if you have an infection, have or have had liver or kidney problems, are on dialysis, or have any other medical condition. Do not drink grapefruit juice while taking Jakafi.

Women should not take Jakafi while pregnant or planning to become pregnant, or if breast-feeding.

Please see accompanying Full Prescribing Information, which includes a more complete discussion of the risks associated with Jakafi.

Indication

Jakafi is a prescription medicine that may be used to treat people with intermediate or high-risk myelofibrosis, including primary myelofibrosis, post-polycythemia vera myelofibrosis, and post-essential thrombocythemia myelofibrosis.
Taking an Active Role in Your Treatment With Jakafi®

Being an active participant in your care is an important part of your treatment with Jakafi. The information you have been receiving in the IncyteCARES (Connecting to Access, Reimbursement, Education and Support) mailings is intended to help empower you to work with your doctor to manage your intermediate or high-risk myelofibrosis.

An important part of treatment with Jakafi is symptom management. That is the focus of this resource. The more you understand about your symptoms, the more prepared you will be to partner with your doctor to manage them. Common symptoms of myelofibrosis include abdominal discomfort, an early feeling of fullness, pain under the left ribs, itching, night sweats, and bone/muscle pain. You have the right to take control of your symptoms. The information presented here can help you understand your symptoms.

Remember, each month when it is time to refill your prescription for Jakafi, your specialty pharmacy will call you to verify information prior to shipping.

If you have any questions about your prescription for Jakafi, please call your doctor or 1-855-4-Jakafi (855-452-5234). If you need help paying for Jakafi, please contact an IncyteCARES representative at 1-855-4-Jakafi (855-452-5234) to see if you are eligible for financial assistance.

Incyte makes materials available to patients and healthcare providers via the Internet on Facebook, YouTube, and Jakafi.com.

www.jakafi.com

www.jakafi.com/facebook

www.youtube.com/jakafi

Information in this booklet is not intended to replace the advice of your doctor. Please see Important Safety Information on page 15 and accompanying Full Prescribing Information, which includes a more complete discussion of the risks associated with Jakafi.