Being an active participant in your care and working closely with your healthcare team is an important part of your treatment with Jakafi. Your continued participation in IncyteCARES is one way for you to do this. Another way is to continue to educate yourself about your disease and how Jakafi may help treat intermediate or high-risk myelofibrosis.

By now, we hope you have had a chance to speak with one of our IncyteCARES professionals to review:

- Taking Jakafi as prescribed by your doctor
- What to expect from continued treatment with Jakafi
- The importance of staying on treatment as long as directed by your doctor

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Information in this booklet is not intended to replace the advice of your doctor. Please see Important Safety Information on pages 14 and 15 and accompanying Full Prescribing Information, which includes a more complete discussion of the risks associated with Jakafi.
A Closer Look at Your Spleen

How the Spleen Normally Functions
By now, you may be aware that your spleen plays an important role in your disease. To appreciate what happens when your spleen is affected by myelofibrosis, it is helpful to take a closer look at the spleen and how it works.

The spleen is an organ above your stomach and under your ribs on the left side of your body. It is usually about as big as your fist. The spleen is part of your lymphatic system, which
- Fights infection
- Acts as a filter for the blood

The spleen is able to serve these 2 important purposes because it
- Contains white blood cells that fight germs
- Stores red blood cells and platelets
- Destroys old and damaged cells

How Myelofibrosis Affects the Spleen
When you have myelofibrosis, your spleen may become enlarged. This occurs partly because your bone marrow cannot produce enough blood cells. It also occurs when blood cells are released too quickly from the bone marrow and do not have time to fully form. When this happens, your spleen begins to make new blood cells.

An enlarged spleen is not normal and can cause uncomfortable symptoms, including:
- Abdominal discomfort, because the spleen is enlarged and causes crowding
- Early feeling of fullness, because the enlarged spleen presses on the stomach
- Pain under the left ribs, because the enlarged spleen presses on the ribs

An enlarged spleen can cause uncomfortable symptoms.

How Myelofibrosis Affects the Spleen

Important Safety Information to Consider

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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 pages 14 and 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.

“My spleen is huge and it affects my eating and the way things fit.”
—Patient with myelofibrosis
How Jakafi® (ruxolitinib) May Help Your Spleen

Now that you are taking Jakafi, you may notice that you may be able to eat more before feeling full.

While Jakafi may not work the same way for everyone, you or your doctor may notice that the size of your spleen has been reduced since you started taking it. This is an important benefit of Jakafi, since reducing the size of your spleen may help reduce the symptoms related to an enlarged spleen, such as abdominal discomfort, an early feeling of fullness, and pain under the left ribs.

Before taking Jakafi, you may not have had much of an appetite or you may have felt full very quickly, even after eating a small amount of food. Some patients report only being able to eat small bites at a time. According to one patient, “My stomach was so crowded, I didn’t have any room left for food.”

In a clinical study, Jakafi reduced the size of the spleen by a pre-set goal of at least 35% in almost half (42%) of people with myelofibrosis measured after 6 months of treatment. By contrast, less than 1% of patients taking placebo (sugar pill) reached this goal. Also in the study, 99% of people on Jakafi had some improvement in their spleen size, but not necessarily the goal reached by some people in the clinical study.

You may have started to see this kind of improvement since you started taking Jakafi. Your doctor may allow up to 6 months to see if treatment with Jakafi is helping to reduce your spleen size. Remember, every person is different, and it may take more or less time for you to experience these results.

On the next page is a simple, healthy recipe you can make to give you the calories and nutrients you need.

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**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. Getting proper nutrition may also be a challenge because an enlarged spleen can press on the stomach and bowels, making it uncomfortable to eat.

If you have started to see the size of your spleen shrink, know this: this reduction is a good thing. Any growth in the size of your spleen is not normal, and an enlarged spleen can cause complications. As your spleen continues to grow, it can cause pain under your ribs, in your shoulder, or along the left side of your upper body. Getting proper nutrition may also be a challenge because an enlarged spleen can press on the stomach and bowels, making it uncomfortable to eat.

**Complications of an Enlarged Spleen**

Spleen growth varies in people with myelofibrosis, but any degree of spleen growth is not normal.

**Healthy Recipe: Banana Milkshake**

This easy recipe comes from the National Cancer Institute. Visit [www.cancer.gov/cancertopics/coping/eatinghints](http://www.cancer.gov/cancertopics/coping/eatinghints) for more ideas.

You will need:
- One whole, ripe banana, sliced
- Vanilla extract (a few drops)
- One cup of milk

Put all of the ingredients into a blender.

Blend at high speed until smooth.

This makes 1 serving (approximately 2 cups).

If you use whole milk: 255 calories and 9 grams of protein per serving
2% milk: 226 calories and 9 grams of protein per serving
Skim milk: 190 calories and 9 grams of protein per serving

Put with your doctor to make sure that this recipe is right for you.

**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.
Finding Help With Practical Matters

The important thing to keep in mind is that you do not have to try to do it all alone. Rely on your caregivers and loved ones for both practical and emotional support.

Practically, having people around who can pick up your medicines, drive you to the doctor, or make meals when you’re not feeling well can go a long way.

Emotionally, having people around to support you can cheer you up, relieve stress, and help you when you are feeling ill.

It may be hard to go from being the way you were before myelofibrosis to sometimes needing help. But it is important to allow friends and family to do chores or run errands. So do not hesitate to ask for help.

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## Resources and Support

### Disease Education
The following organizations offer disease-specific information about myelofibrosis and its impact on your spleen. Incyte Corporation is not affiliated with these organizations but has provided funding for some of their educational programs.

<table>
<thead>
<tr>
<th>Association</th>
<th>Web Address</th>
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</thead>
<tbody>
<tr>
<td>Leukemia &amp; Lymphoma Society</td>
<td><a href="http://www.lls.org/#/diseaseinformation/myeloproliferativeconditions/idiopathicmyelofibrosis">www.lls.org/#/diseaseinformation/myeloproliferativeconditions/idiopathicmyelofibrosis</a></td>
</tr>
<tr>
<td>National Organization for Rare Disorders</td>
<td><a href="http://www.rarediseases.org/rare-disease-information/rare-diseases/byID/244/">www.rarediseases.org/rare-disease-information/rare-diseases/byID/244/</a></td>
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<tr>
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<td><a href="http://www.mpninfo.org/faq/faq-mf.html">www.mpninfo.org/faq/faq-mf.html</a></td>
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### Practical Assistance and Support
You can turn to the following Web sites for information on practical assistance and support. Incyte Corporation is not affiliated with these organizations but has provided funding for some of their educational programs.

<table>
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<td></td>
<td><a href="http://www.cancercare.org/tagged/workplace_issues">www.cancercare.org/tagged/workplace_issues</a></td>
</tr>
<tr>
<td>Patient Advocate Foundation</td>
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</table>
A Message for Caregivers

Keeping track of symptoms and blood counts may seem daunting at times. You can help your loved one feel less overwhelmed through the use of a symptom tracker like the one included in the Patient Packet. Using the My Myelofibrosis Symptom Tracker, work with your loved one to:

- Keep track of any symptoms and remind him or her to share them with the doctor
- Help him or her store and organize copies of blood test results
- Store printouts of the results of other tests, such as:
  - Bone marrow biopsies
  - MRIs
  - Ultrasounds
- Make a list of questions or concerns to raise with the doctor and, if he or she wants your help at the doctor’s office, take notes to capture the answers

You can help your loved one play an active role in treatment by ensuring that he or she brings the tracker and the list to office visits to help keep the doctor up to date. Remind your loved one to tell the doctor about how any symptoms are affecting his or her daily life.

If you and your loved one have not received the Patient Packet, contact IncyteCARES at 1-855-4-Jakafi (855-452-5234).

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www.IncyteCARES.com

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The most common side effects of Jakafi include dizziness and headache.

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.
Understanding Your Treatment With Jakafi®

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