

Tracking my symptom score

The MPN-10 tracker – developed by world-leading experts in the field – is a useful way of assessing your symptoms. It will just take a few minutes every month to complete. The MPN-10 form can be accessed at www.livingwithmf.com.au.

Monitoring how you're feeling and what symptoms you're experiencing will help you notice if this is changing or getting worse. You can then tell your Haematologist how you have been feeling on a day-to-day basis. Use the form on the next page to note down your MPN-10 symptom tracker scores.



