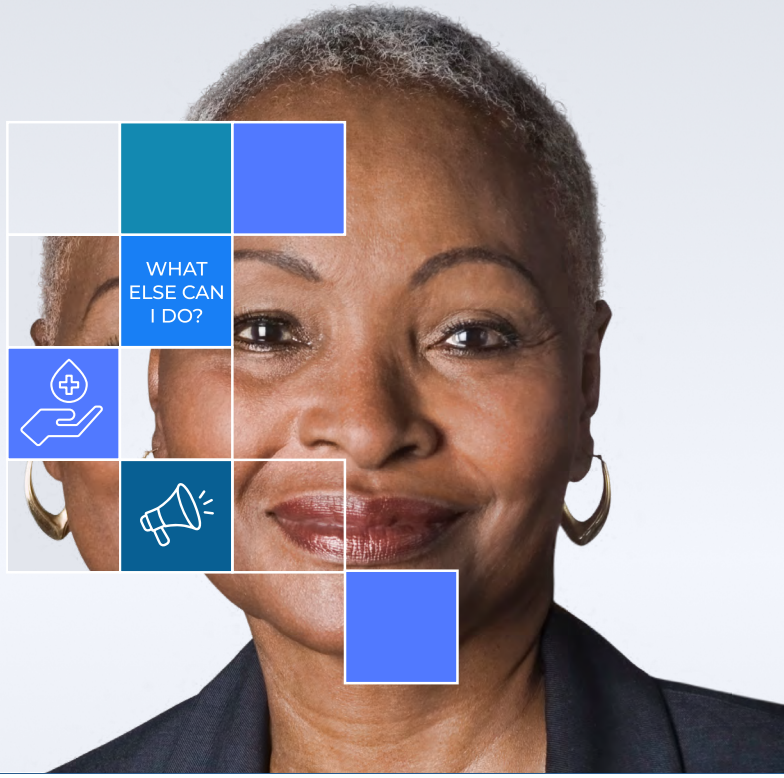
PIECE TOGETHER ET

YOUR ET SYMPTOM TRACKER



Essential thrombocythemia (ET) can affect more than lab values alone, and symptoms may change over time—or show up in ways that aren't always obvious during an appointment.

Use this tracker to share how you've been feeling with your doctor. By tracking your symptoms over the past 30 days and noting how they impact your daily life, you can help your care team piece together your full ET picture—not just what appears in test results. Be as specific as possible, and feel free to print and complete this tracker as often as you need to support more informed, productive conversations with your doctor.

Speak up and be your own advocate for the long term

ET is a chronic cancer, and your needs may change over time. Doctors bring medical expertise, but you bring your lived experience—and both matter. Continue to check in with yourself, share what's new, and speak up when something feels different. You know your body best, and your voice is an essential part of your care.

Symptom tracker

Symptom	How often have you experienced it in the past 30 days?	How does it affect your daily life? Be as specific as possible.
Fatigue	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Headache	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Dizziness	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Burning, redness, or pain in hands or feet	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Easy bruising, nosebleeds, or heavy menstrual periods	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Shortness of breath, chest pain, or cough	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Nausea	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	

Symptom tracker (CONTINUED)

Symptom	How often have you experienced it in the past 30 days?	How does it affect your daily life? Be as specific as possible.
Slurred speech	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Sleep problems	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Sexual problems	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Itching	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Blurry or disturbed vision	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Coldness or blueness of fingers or toes	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	
Blood in your stool or urine	☐ Not at all ☐ Several days ☐ More than half the days ☐ Almost every day	

Other symptoms or concerns your doctor should know about

Use the space below to note any other symptoms or concerns you'd like your doctor to be aware of. Remember: your doctor and care team want you to be candid. Speaking up helps them understand what you're experiencing and gives them what they need to support you.

Some things you might consider noting include:

- When did symptoms start or get worse?
- What triggers or relieves them?
- How do they impact your sleep, work, or relationships?
- Do they affect your mood, or cause ongoing anxiety or worry?

Resources to help you take charge of ET. Scan the QR code or visit PieceTogetherET.com/resources to discover more self-advocacy tools and lifestyle tips to help you navigate your ET journey with confidence.

PharmaEssentia

© 2026 PharmaEssentia Corporation. All rights reserved.
PharmaEssentia is a registered trademark of PharmaEssentia Corporation,
and the PharmaEssentia logo is a trademark of PharmaEssentia Corporation.
US-ET-2600009 (v2.0) 03/2026

PIECETOGETHERET