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### **High need for information regarding physical activity in patients with myeloproliferative neoplasms - results of a multicenter questionnaire study (OSHO-#97)**

Hoher Informationsbedarf bezüglich körperlicher Aktivität bei Patienten mit myeloproliferativen Neoplasmen – Ergebnisse einer multizentrischen Fragebogenstudie (OSHO-#97)

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**Background:** Cancer and its treatment often lead to a decrease in physical and mental performance. To address this fact special exercise recommendations can be given. These recommendations are commonly derived from solid tumor patients (pts) studies. In order to minimize the risk of exercise induced adverse events, the given recommendations are usually oriented on the current pts side-effects. Pts with myeloproliferative neoplasms (MPN) suffer frequently from splenomegaly accompanied by loss of appetite and weight. Further, these patients are often anticoagulated due an increased thrombotic event risk. Specific recommendations addressing these facts are not available. Aim of the study is to characterize MPN specific symptoms, side effects and anxiety in order to allow the development of MPN tailored exercise recommendations. In order to increase pts commitment our study also considers patient specific exercise preferences.

**Methods:** Ongoing MPN pts one-time multicenter anonymous survey including: (1) demographic data, (2) disease and treatment data, (3) current well-being, symptoms, and side effects, and (4) exercise behavior, information level and preferences<sup>1</sup>.

**Result:** A total of 706 questionnaires were analysed. A high rate of different symptoms as moderate to high fatigue (54%) and moderate to severe bone/muscle pain (39%) were observed. Two hundred and three pts (30%) had an enlarged spleen and 20% had an increased bleeding tendency with hemorrhage at the time of the survey. More than 40% of pts feel inadequately informed about the importance and benefits of physical activity, and 62% would like more information.

**Conclusion:** MPN pts have a high demand for information regarding the importance and effects of physical activity.

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