



مدينة الملك فهد الطبية  
King Fahad Medical City



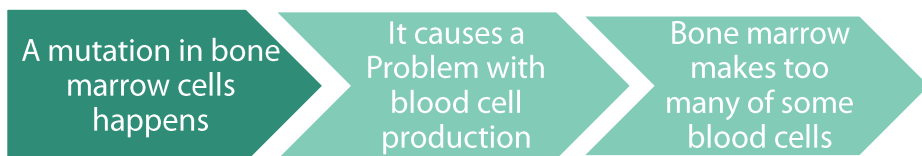
## Polycythemia Vera



**Polycythemia Vera** is a low-growing type of blood cancer in which the bone marrow makes too many red blood cells. It usually develops slowly, and you may have it for years without noticing signs or symptoms.

## Causes

Polycythemia Vera occurs when:



# Symptoms



itchiness

headache



dizziness

weakness



excessive sweating

painful swelling of the joint, often big toe



shortness of breath

breathing difficulty when you lie down



numbness, burning, or weakness in hands



## Risk factors

Age: more common in adults older than 60

## Complications

### blood clots

- Polycythemia Vera causes the blood to be thicker than normal.

### Enlarged spleen

- The increased number of blood cells caused by Polycythemia Vera makes the spleen work harder than normal, which causes to enlarge.

### Skin problems

- May cause the skin to itch, after warm bath or shower or after sleeping in a warm bed. Skin may also appear red, especially on the face.

## Test and diagnostics

- Blood test: CBCD
- Bone marrow aspiration and biopsy

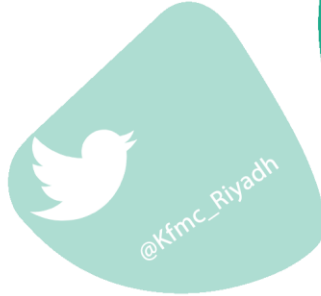
## Treatment and drugs

- **Phlebotomy (Blood Letting)**. The goal Phlebotomy is to keep the hematocrit around 45% in men and 42% in women.
- **Hydroxyurea**. It can lower all elevated blood counts (WBC, RBC and Platelet. This is especially advised in people at risk of clot formation.
- **Aspirin**. To lower the risk of clotting. It is usually used in conjunction with Phlebotomy.

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

Outpatient Nursing Department



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