

Myeloproliferative Disorders Update



January 20, 2023, Joseph Shatzel MD

Update Contents

- MPN workup
- Individual MPNs:
 - Essential Thrombocytosis
 - Polycythemia Vera
 - Myelofibrosis
- Hypereosinophilic syndrome (HES)

MPN Workup

- Patients presenting with unexplained thrombocytosis, polycythemia or marrow failure, especially in the setting of **unexplained thrombosis**.
- We prefer peripheral blood workup (OHSU has developed panels).
- Bone marrow can often be deferred in many patients if the molecular and phenotype is consistent

Table 16-4 Somatic mutations seen in patients with MPNs

Gene name	Mutation effect	PV (%)	ET (%)	MF (%)
<i>JAK2</i> (V617F)	JAK/STAT signaling	95-97	50-60	50-60
<i>JAK2</i> exon 12	JAK/STAT signaling	1-2	0	0
<i>CALR</i>	JAK/STAT signaling	0	25	30
<i>MPL</i>	JAK/STAT signaling	0	3-5	5-10

PV Diagnosis

2017 WHO DIAGNOSTIC CRITERIA FOR POLYCYTHEMIA VERA AND ESSENTIAL THROMBOCYTHEMIA¹

Polycythemia Vera (PV)

(Diagnosis requires meeting either all 3 major criteria, or the first 2 major criteria and the minor criterion²)

- Major criteria

- ▶ Hemoglobin >16.5 g/dL in men, >16.0 g/dL in women

OR

- ▶ Hematocrit >49% in men, >48% in women

OR

- ▶ Increased red cell mass (RCM)³

- ▶ Bone marrow biopsy showing hypercellularity for age with trilineage growth (panmyelosis) including prominent erythroid, granulocytic, and megakaryocytic proliferation with pleomorphic, mature megakaryocytes (differences in size)

- ▶ Presence of *JAK2* V617F or *JAK2* exon 12 mutation

- Minor criteria

- ▶ Subnormal serum EPO level

ET Diagnosis

Essential Thrombocythemia (ET)

(Diagnosis requires meeting all 4 major criteria or the first 3 major criteria and the minor criterion)

- Major criteria

- Platelet count $\geq 450 \times 10^9/L$
- Bone marrow biopsy showing proliferation mainly of the megakaryocyte lineage with increased numbers of enlarged, mature megakaryocytes with hyperlobulated nuclei. No significant increase or left shift in neutrophil granulopoiesis or erythropoiesis and very rarely minor (grade 1) increase in reticulin fibers
- Not meeting WHO criteria for CML, PV, PMF, myelodysplastic syndromes, or other myeloid neoplasms
- Presence of *JAK2*, *CALR*, or *MPL* mutation

- Minor criterion

- Presence of a clonal marker or absence of evidence for reactive thrombocytosis

2017 WHO DIAGNOSTIC CRITERIA FOR PRIMARY MYELOFIBROSIS¹

WHO preMF Criteria

(Diagnosis of prePMF requires meeting all 3 major criteria, and at least 1 minor criterion)

• Major criteria

- ▶ Megakaryocytic proliferation and atypia, without reticulin fibrosis >grade 1,² accompanied by increased age-adjusted BM cellularity, granulocytic proliferation, and often decreased erythropoiesis
- ▶ Not meeting WHO criteria for *BCR-ABL1*+ CML, PV, ET, myelodysplastic syndromes, or other myeloid neoplasms
- ▶ Presence of *JAK2*, *CALR*, or *MPL* mutation or in the absence of these mutations, presence of another clonal marker,³ or absence of minor reactive BM reticulin fibrosis⁴

• Minor criteria

- ▶ Presence of at least one of the following, confirmed in 2 consecutive determinations:
 - ◊ Anemia not attributed to a comorbid condition
 - ◊ Leukocytosis $\geq 11 \times 10^9/L$
 - ◊ Palpable splenomegaly
 - ◊ LDH increased to above upper normal limit of institutional reference range

WHO Overt PMF Criteria

(Diagnosis of overt PMF requires meeting all 3 major criteria, and at least 1 minor criterion)

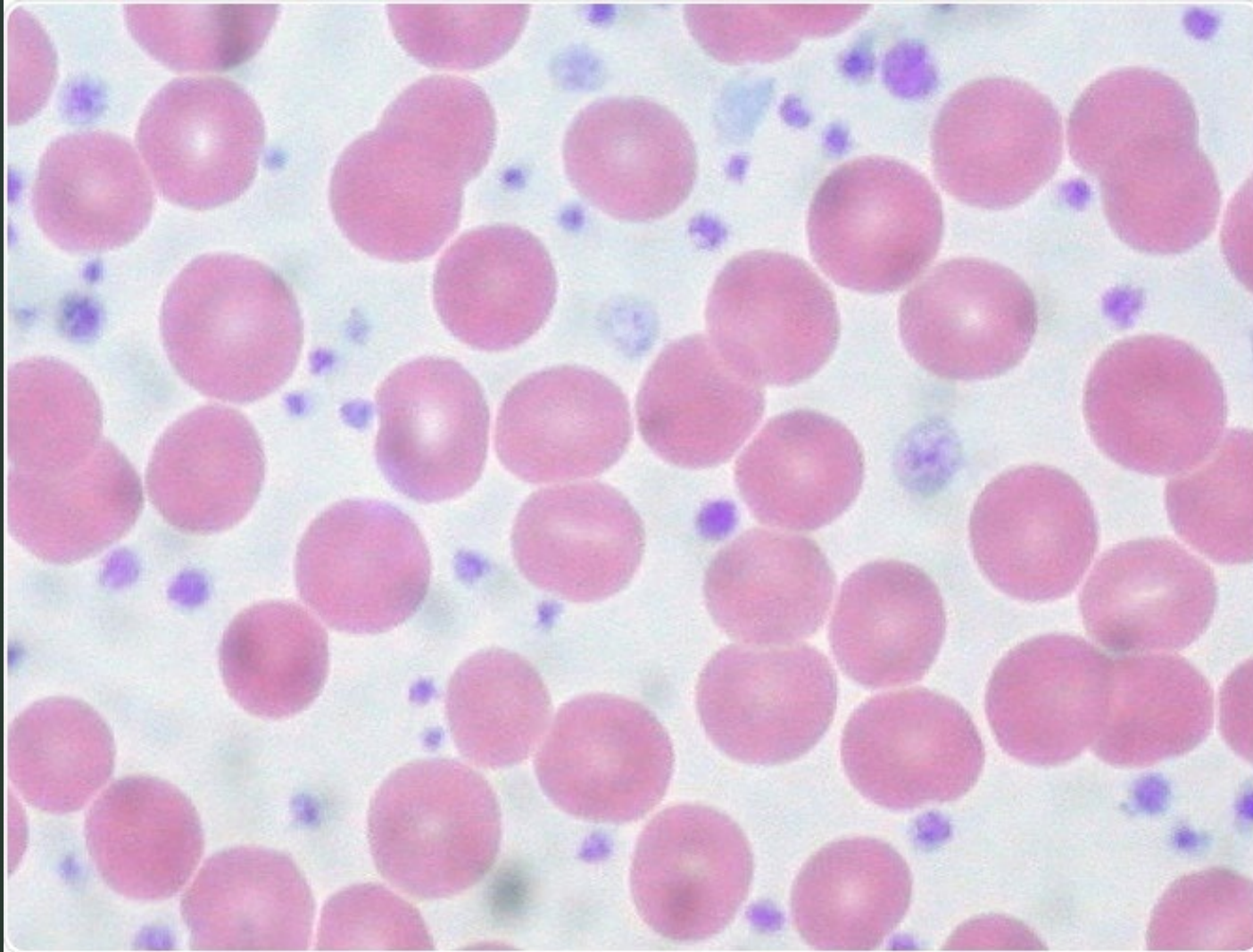
• Major criteria

- ▶ Presence of megakaryocytic proliferation and atypia, accompanied by either reticulin and/or collagen fibrosis grades 2 or 3²
- ▶ Not meeting WHO criteria for ET, PV, *BCR-ABL1*+ CML, myelodysplastic syndromes, or other myeloid neoplasms
- ▶ Presence of *JAK2*, *CALR*, or *MPL* mutation or in the absence of these mutations, presence of another clonal marker,³ or absence of reactive myelofibrosis⁵

• Minor criteria

- ▶ Presence of at least one of the following, confirmed in 2 consecutive determinations:
 - ◊ Anemia not attributed to a comorbid condition
 - ◊ Leukocytosis $\geq 11 \times 10^9/L$
 - ◊ Palpable splenomegaly
 - ◊ LDH increased to above upper normal limit of institutional reference range
 - ◊ Leukoerythroblastosis

Essential Thrombocytosis



Essential Thrombocytosis

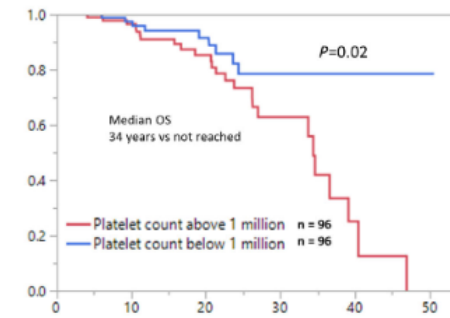
- Patients can generally enjoy a normal life span
- ET patients carry a low risk of thrombosis, and progression to MF and leukemia.
- “Young Platelet Millionaires still carry very good prognosis.

Am J Hematol. 2021 Apr 1;96(4):E93-E95. doi: 10.1002/ajh.26114. Epub 2021 Feb 18.

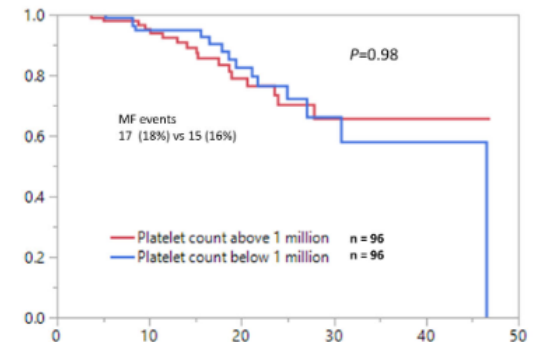
Young platelet millionaires with essential thrombocythemia

Naseema Gangat¹, Natasha Szuber², Tabinda Jawaid¹, Curtis A Hanson³, Animesh Pardanani¹, Ayalew Tefferi¹

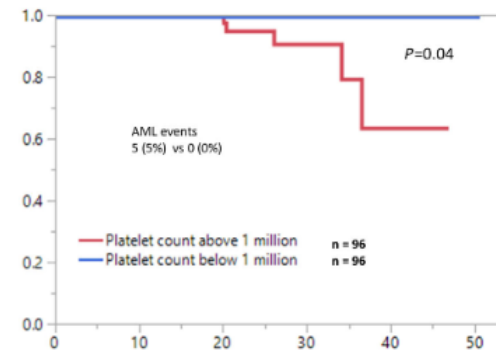
(A) Overall survival (OS) for 192 ET patients below age 40 years stratified by presence or absence of extreme thrombocytosis ($>1000 \times 10^9/L$). (median follow up for surviving patients: 14.9 years)



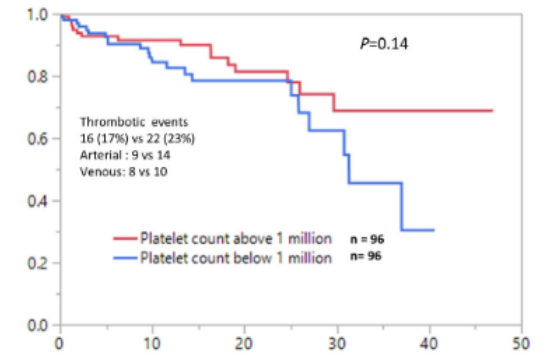
(C) Myelofibrosis-free survival (MFFS) for 192 ET patients below age 40 years stratified by presence or absence of extreme thrombocytosis ($>1000 \times 10^9/L$).



(B) Leukemia-free survival (LFS) for 192 ET patients below age 40 years stratified by presence or absence of extreme thrombocytosis ($>1000 \times 10^9/L$).



(D) Thrombosis-free survival (TFS) for 192 ET patients below age 40 years stratified by presence or absence of extreme thrombocytosis ($>1000 \times 10^9/L$).



ET Treatment

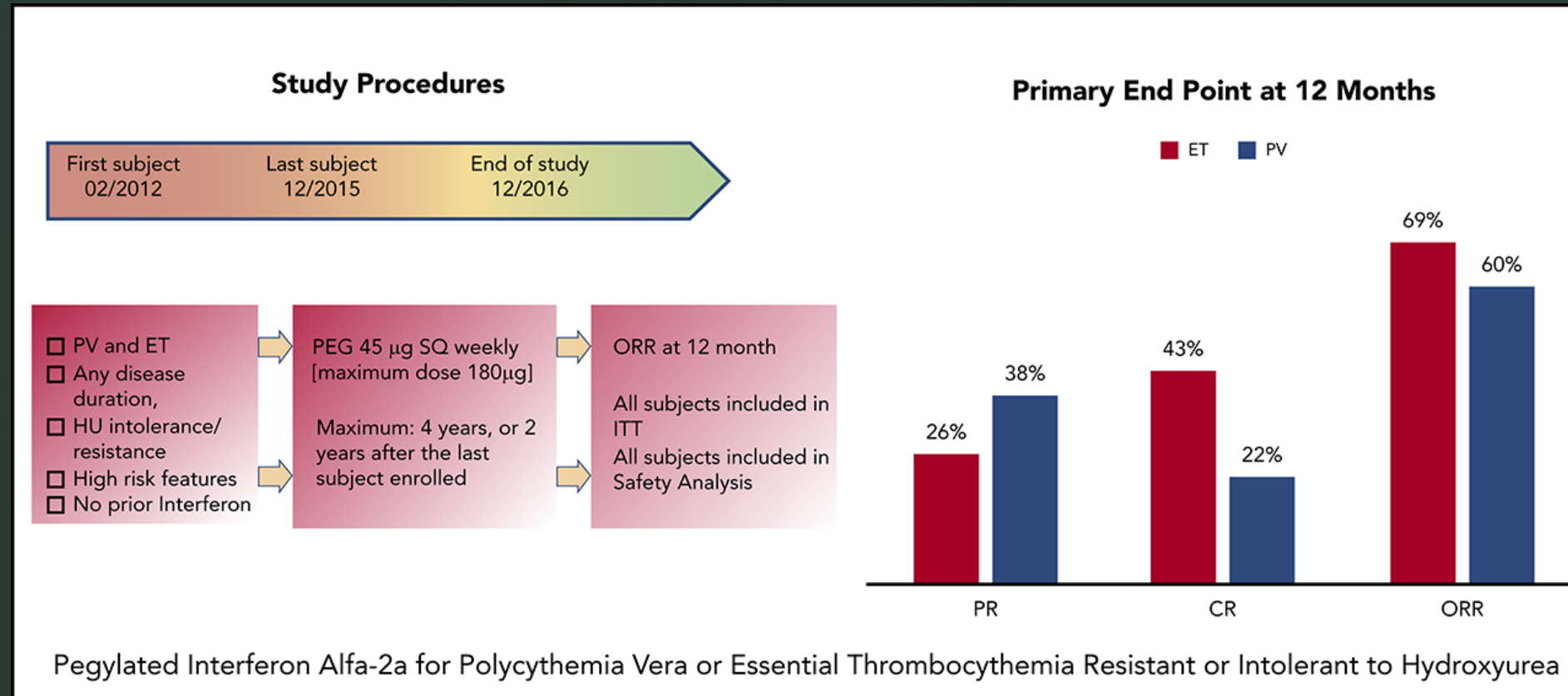
- **High-risk disease** – History of thrombosis at any age and/or age >60 with a *JAK2* V617F mutation **RFR, Aspirin and Cytoreduction**
- **Intermediate-risk disease** – Age >60, no *JAK2* mutation detected, and no history of thrombosis **RFR and Aspirin**
- **Low-risk disease** – Age ≤60 with *JAK2* mutation and no history of thrombosis **RFR and Aspirin**
- **Very low-risk disease** – Age ≤60, no *JAK2* mutation detected, and no history of thrombosis **RFR and Observation**

What is the cytoreduction goals

- Hydroxyurea is generally first line
- Anagrelide or Interferon can also be used
- Goal platelet count is often unclear
 - 400?
 - 450?
 - 600?

What's new in Cytoreduction

- Pegylated interferon alfa-2a for polycythemia vera or essential thrombocythemia resistant or intolerant to hydroxyurea

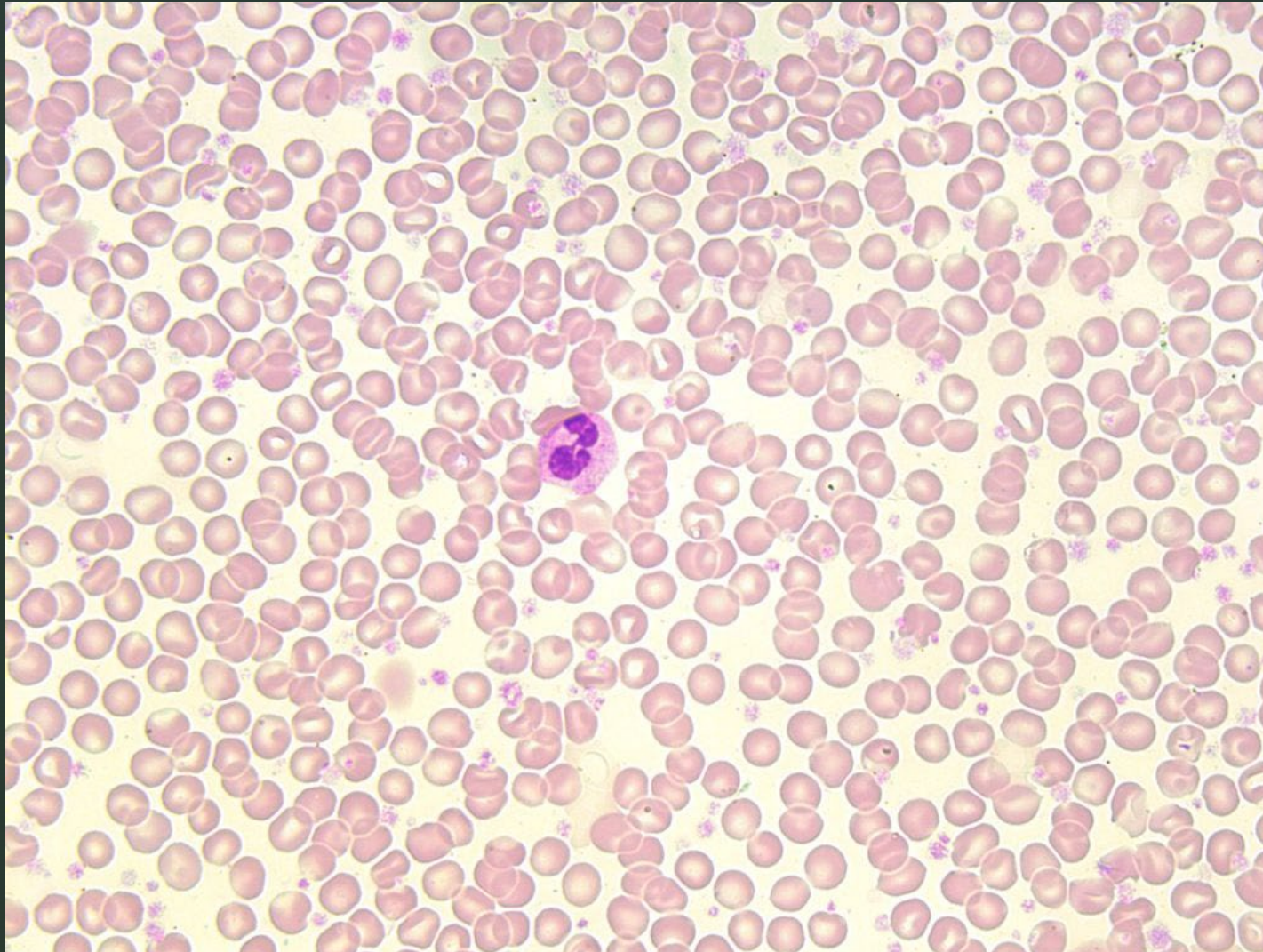


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Table 3: Adverse events occurring in $\geq 10\%$ in either arm (HU or PEG), regardless of attribution.

	HU (n=80)				PEG (n=82)			
	Grade 1-2,		Grade 3-4,		Grade 1-2,		Grade 3-4,	
Adverse Event	n , %		n, %		n , %		n, %	
<u>Hematologic</u>								
Leukopenia*	11	14			22	27		
Anemia	14	18			11	13	1	1
Thrombocytopenia	11	14	1	1	10	12		
Neutropenia	6	8	3	4	7	9	2	2
Lymphopenia	4	5	1	1	6	7	3	4
<u>Non-hematologic</u>								
Fatigue	34	43	2	3	40	49	6	7
Pain in extremity	14	18	2	3	16	20	1	1
Headache	12	15			18	22	3	4
Diarrhea	11	14	1	1	14	17		
Peripheral sensory neuropathy	7	9	3	4	16	20		
Nausea	12	15			13	16		
Flu like symptoms*	4	5			18	22	2	2
Cough	10	13			12	15		
Pruritus*	5	6			14	17	2	2
Abdominal pain	5	6	1	1	13	16		
Injection site reaction*					18	22		
Constipation	10	13			5	6		

Polycythemia Vera



Polycythemia Vera

RISK STRATIFICATION FOR PATIENTS WITH PV^a

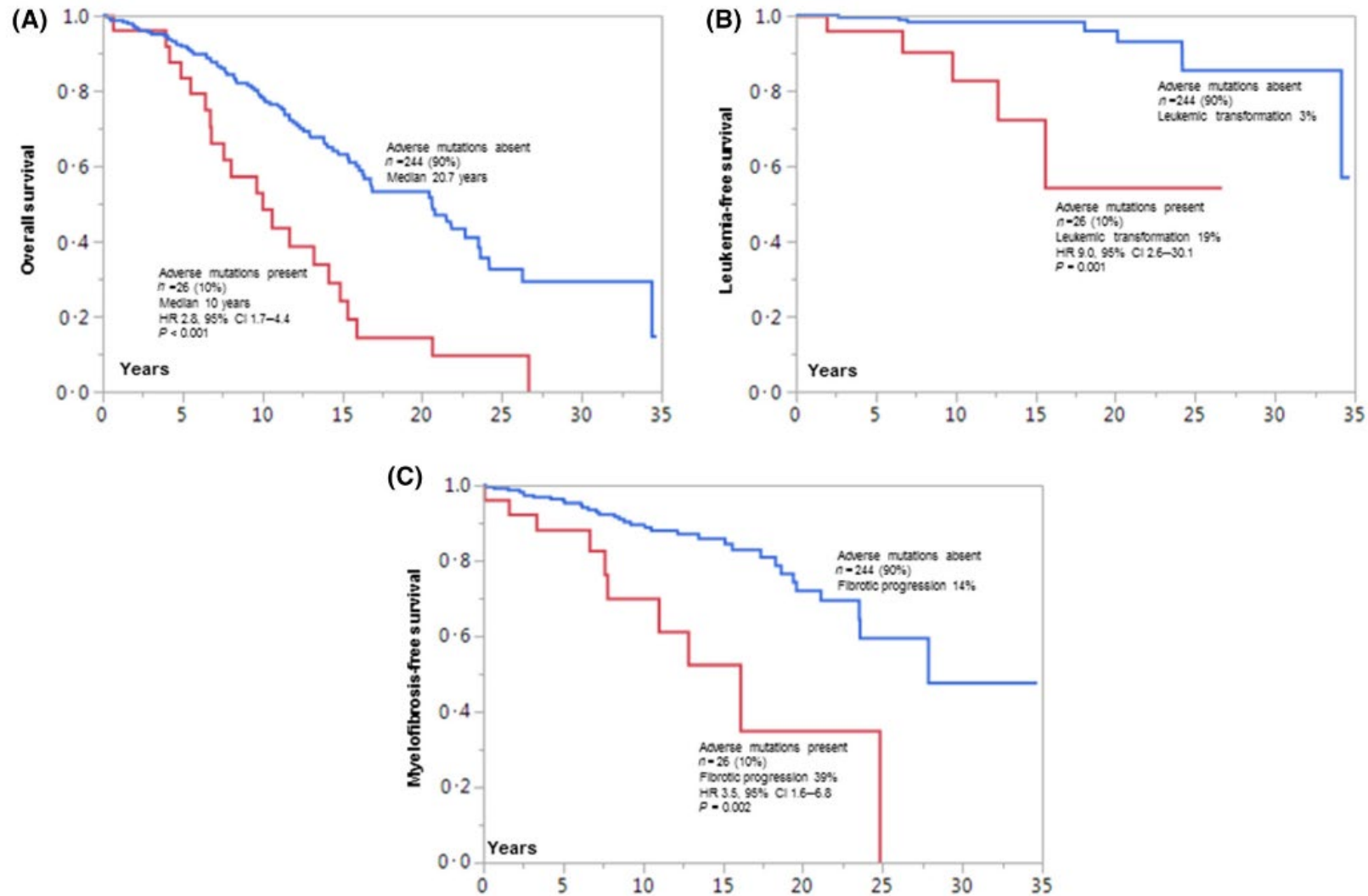
MIPSS-PV

<u>Prognostic Variable</u>	<u>Points</u>
Thrombosis history	1
Leukocyte count $\geq 15 \times 10^9/L$	1
Age >67	2
Adverse mutations (<i>SRSF2</i>)	3

<u>Risk Group</u>	<u>Points</u>
Low	0–1
Intermediate	2–3
High	≥ 4

Prognosis

Mutation-enhanced Risk Models for ET and PV



Treatment for PV

- **For all stages:**

- Aspirin and RBC cytoreduction (to Hct <45) using phlebotomy or Hydrea.
- Can use both phlebotomy and hydrea in high risk patients
- If unable to obtain response or intolerant to hydrea IFN or ruxolitinib may be used second line.

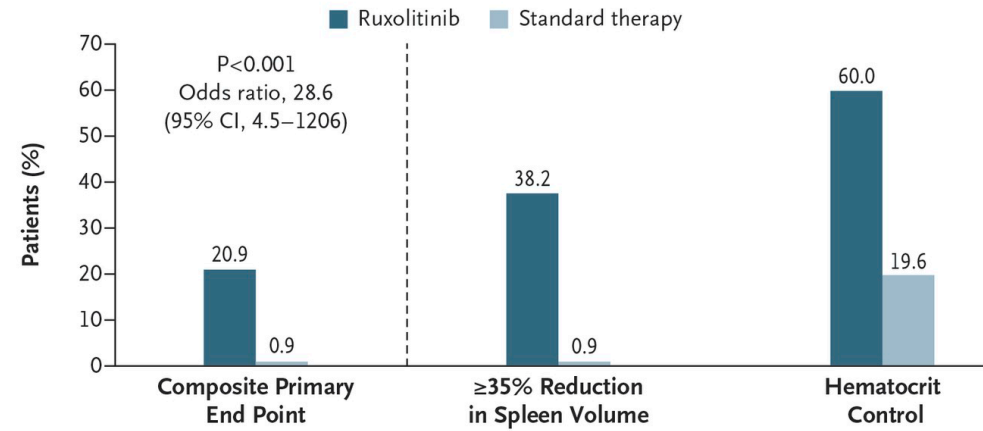
DEFINITION OF RESISTANCE/INTOLERANCE TO HYDROXYUREA¹

Myeloproliferative Neoplasm	Definition of Resistance/Intolerance to Hydroxyurea
Polycythemia vera	<ol style="list-style-type: none"> 1. Need for phlebotomy to keep hematocrit <45% after 3 months of at least 2 g/d of hydroxyurea, OR 2. Uncontrolled myeloproliferation (ie, platelet count >400 x 10⁹/L AND WBC count >10 x 10⁹/L) after 3 months of at least 2 g/d of hydroxyurea, OR 3. Failure to reduce massive* splenomegaly by >50% as measured by palpation OR failure to completely relieve symptoms related to splenomegaly after 3 months of at least 2 g/d of hydroxyurea, OR 4. Absolute neutrophil count <1.0 x 10⁹/L OR platelet count <100 x 10⁹/L OR hemoglobin <10 g/dL at the lowest dose of hydroxyurea required to achieve a complete or partial clinicohematologic response,[†] OR 5. Presence of leg ulcers or other unacceptable hydroxyurea-related nonhematologic toxicities, such as mucocutaneous manifestations, GI symptoms, pneumonitis, or fever at any dose of hydroxyurea
Essential thrombocythemia	<ol style="list-style-type: none"> 1. Platelet count >600 x 10⁹/L after 3 months of at least 2 g/d of hydroxyurea (2.5 g/d in patients with a body weight >80 kg), OR 2. Platelet count >400 x 10⁹/L and WBC count <2.5 x 10⁹/L at any dose of hydroxyurea, OR 3. Platelet count >400 x 10⁹/L and hemoglobin <10 g/dL at any dose of hydroxyurea, OR 4. Presence of leg ulcers or other unacceptable mucocutaneous manifestations at any dose of hydroxyurea, OR 5. Hydroxyurea-related fever

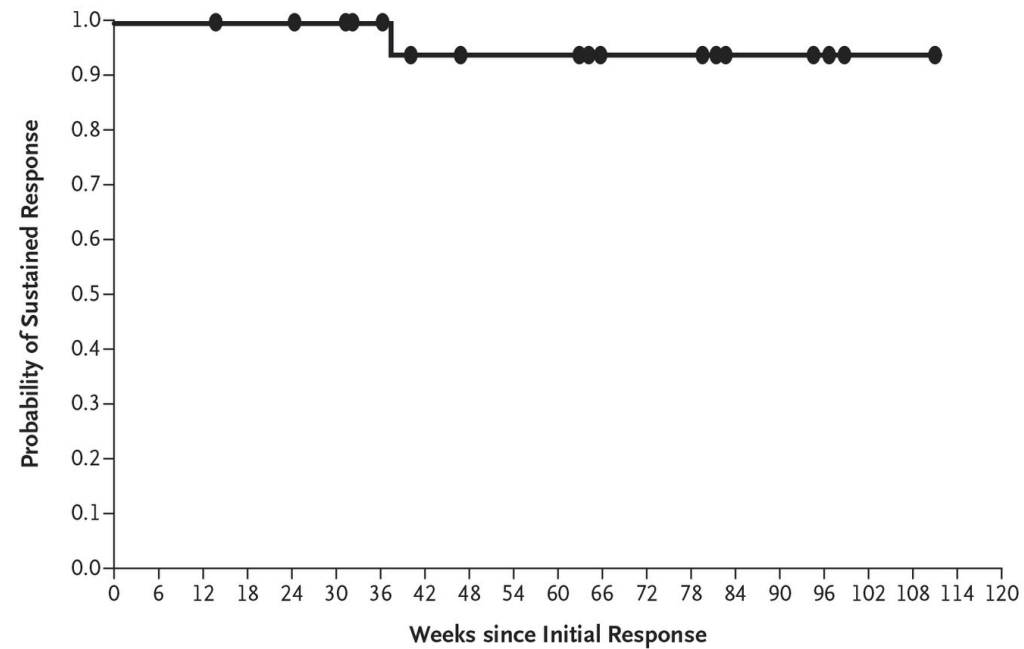
*Organ extending by >10 cm from the costal margin.

[†]Complete response is defined as hematocrit less than 45% without phlebotomy, platelet count ≤400 x 10⁹/L, WBC count ≤10 x 10⁹/L, and no disease-related symptoms. Partial response is defined as hematocrit less than 45% without phlebotomy or response in three or more of other criteria.

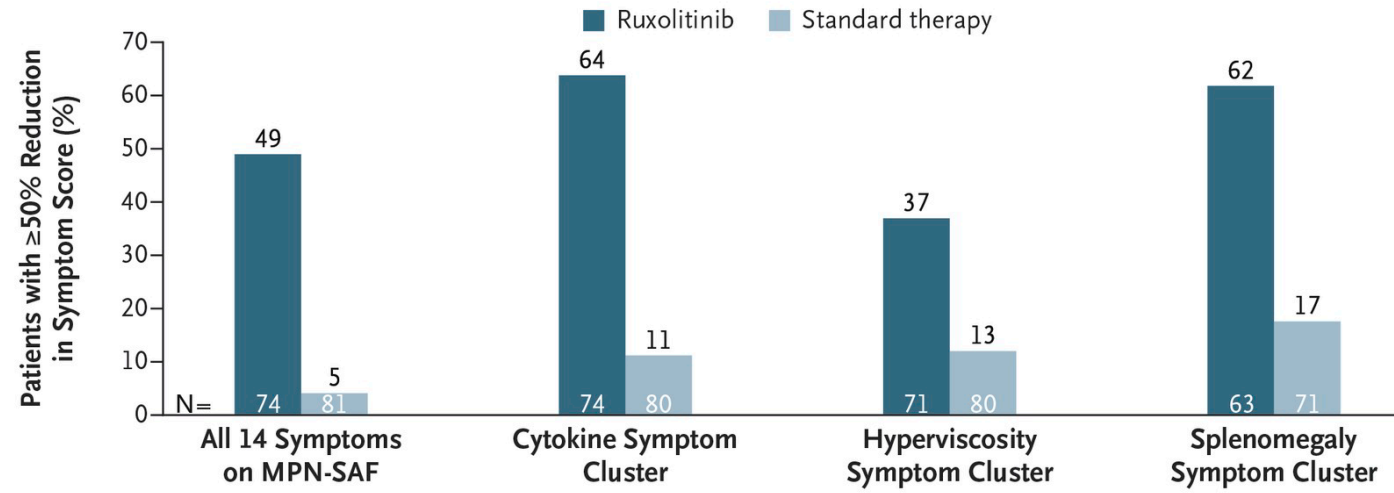
A



B

[illegible]

A



B

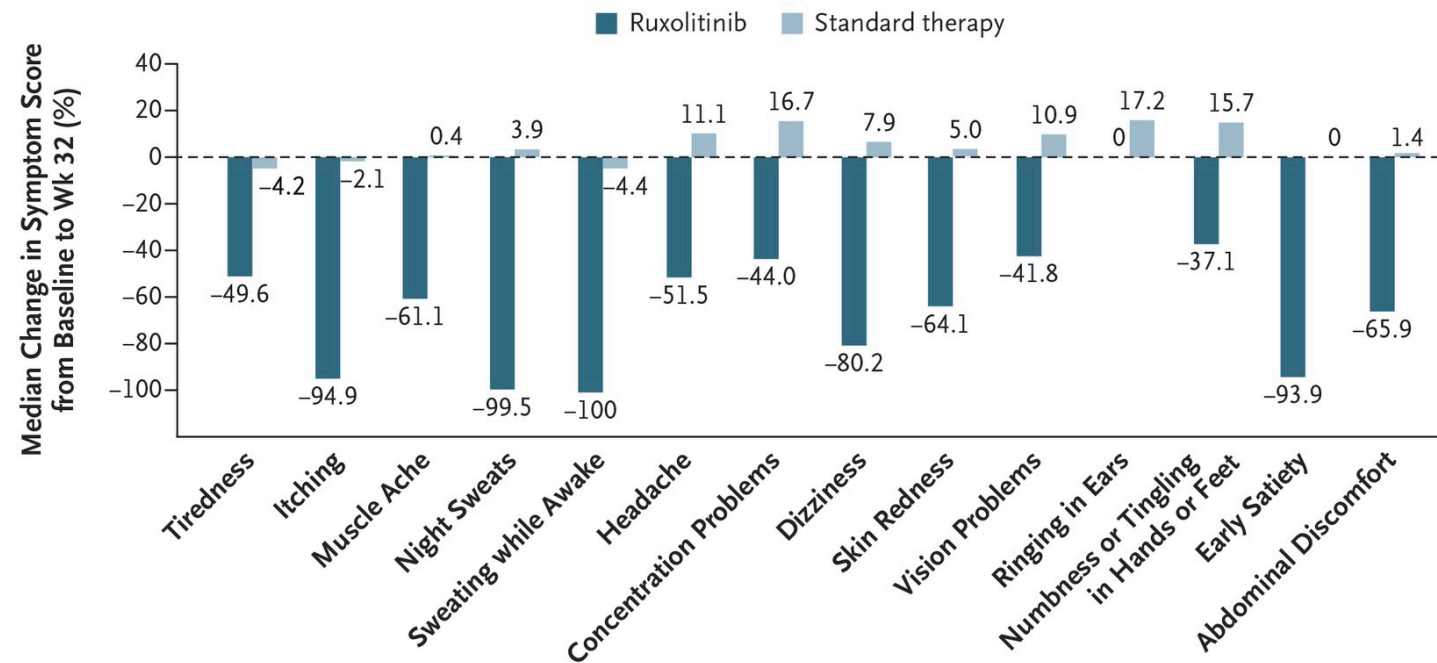
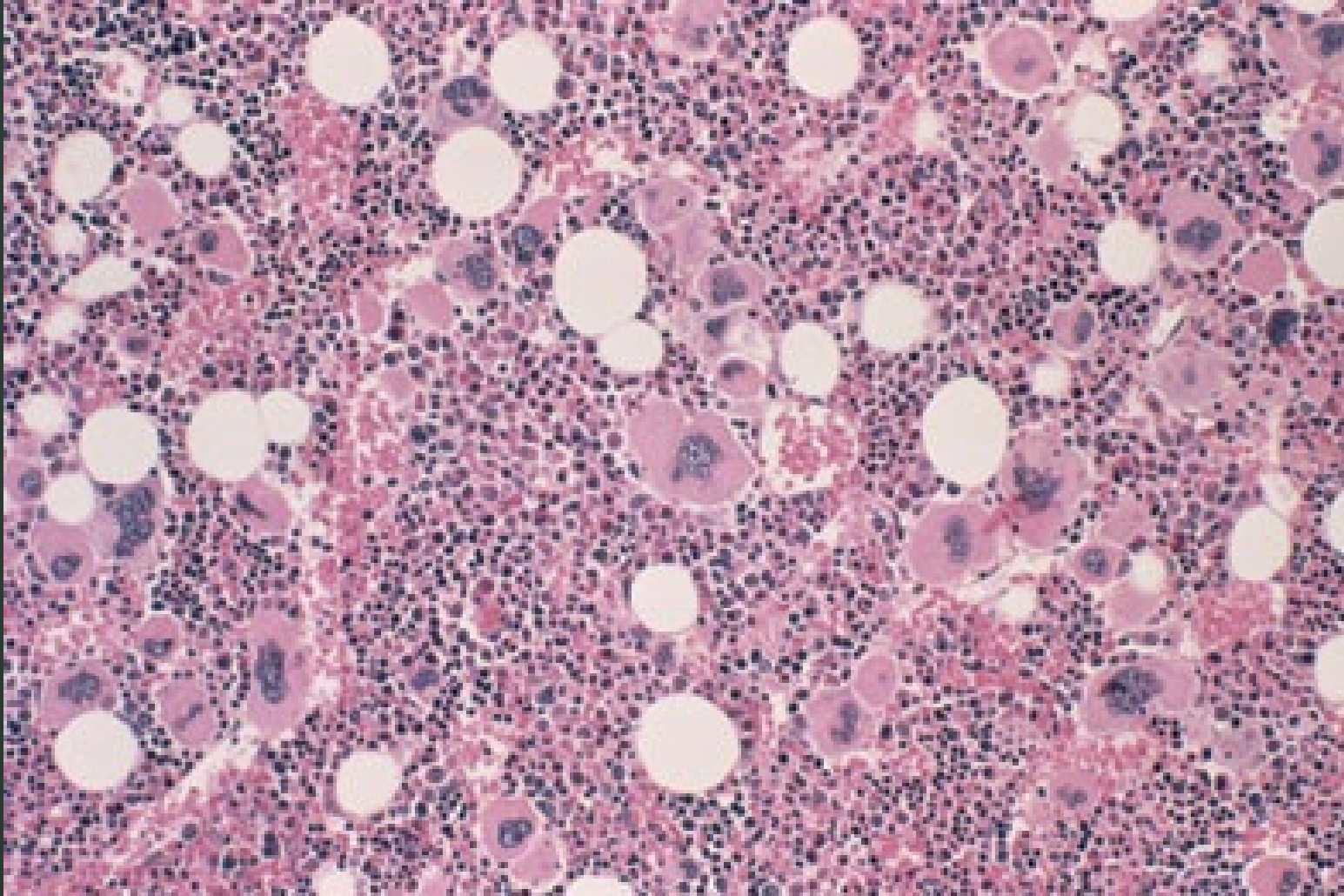


Table 2. Adverse Events from Start of Study Drug to Week 32, Regardless of Whether They Were Related to the Study Drug.

Adverse Event	Ruxolitinib (N = 110)			Standard Therapy (N = 111)*		
	All Grades	Grade 3 or 4		All Grades	Grade 3 or 4	
	number of patients (percent)					
Nonhematologic†						
Headache	18 (16.4)	1 (0.9)		21 (18.9)	1 (0.9)	
Diarrhea	16 (14.5)	0		8 (7.2)	1 (0.9)	
Fatigue	16 (14.5)	0		17 (15.3)	3 (2.7)	
Pruritus	15 (13.6)	1 (0.9)		25 (22.5)	4 (3.6)	
Dizziness	13 (11.8)	0		11 (9.9)	0	
Muscle spasms	13 (11.8)	1 (0.9)		5 (4.5)	0	
Dyspnea	11 (10.0)	3 (2.7)		2 (1.8)	0	
Abdominal pain	10 (9.1)	1 (0.9)		13 (11.7)	0	
Asthenia	8 (7.3)	2 (1.8)		12 (10.8)	0	
	All Grades	Grade 3	Grade 4	All Grades	Grade 3	Grade 4
Hematologic‡						
Anemia	48 (43.6)	1 (0.9)	1 (0.9)	34 (30.6)	0	0
Thrombocytopenia	27 (24.5)	5 (4.5)	1 (0.9)	21 (18.9)	3 (2.7)	1 (0.9)
Lymphopenia	48 (43.6)	17 (15.5)	1 (0.9)	56 (50.5)	18 (16.2)	2 (1.8)
Leukopenia	10 (9.1)	1 (0.9)	0	14 (12.6)	2 (1.8)	0
Neutropenia	2 (1.8)	0	1 (0.9)	9 (8.1)	1 (0.9)	0

Myelofibrosis



RISK STRATIFICATION FOR PATIENTS WITH PMF

DYNAMIC INTERNATIONAL PROGNOSTIC SCORING SYSTEM (DIPSS)¹

Prognostic Variable	Points		
	0	1	2
Age, y	≤65	>65	
White blood cell count, x10 ⁹ /L	≤25	>25	
Hemoglobin, g/dL	≥10		<10
Peripheral blood blast, %	<1	≥1	
Constitutional symptoms, Y/N	N	Y	

Risk Group	Points
Low	0
Intermediate-1 (INT-1)	1 or 2
Intermediate-2 (INT-2)	3 or 4
High	5 or 6

Online calculator for DIPSS score can be found at https://qxmd.com/calculate/calculator_187/dipss-prognosis-in-myelofibrosis

DIPSS-PLUS²

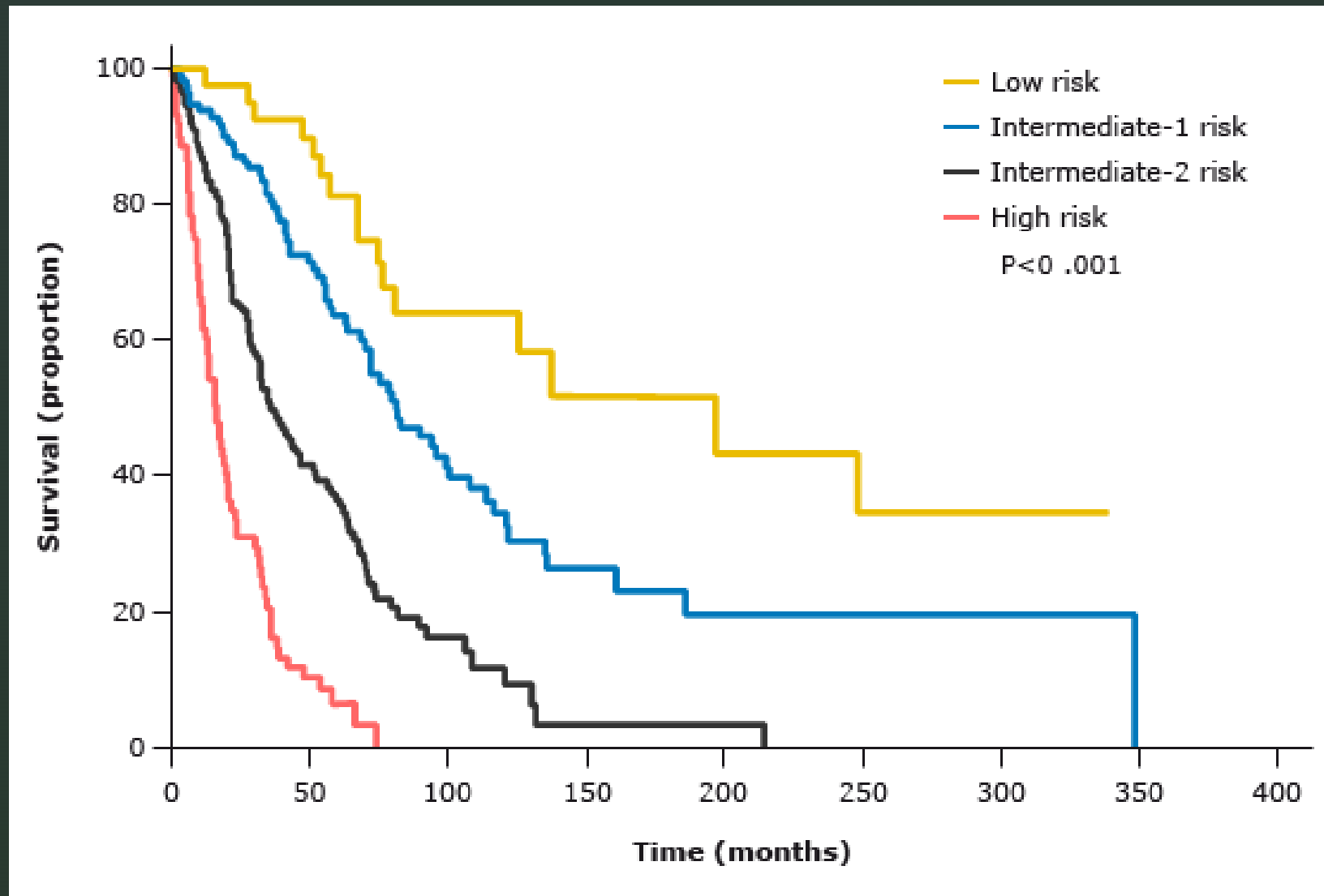
Prognostic Variable	Points
DIPSS low-risk	0
DIPSS intermediate-risk 1 (INT-1)	1
DIPSS intermediate-risk 2 (INT-2)	2
DIPSS high-risk	3
Platelets <100 x 10 ⁹ /L	1
Transfusion need	1
Unfavorable karyotype*	1

*Unfavorable karyotype: complex karyotype or sole or two abnormalities that include trisomy 8, 7/7q-, i(17q), 5/5q-, 12p-, inv(3), or 11q23 rearrangement.

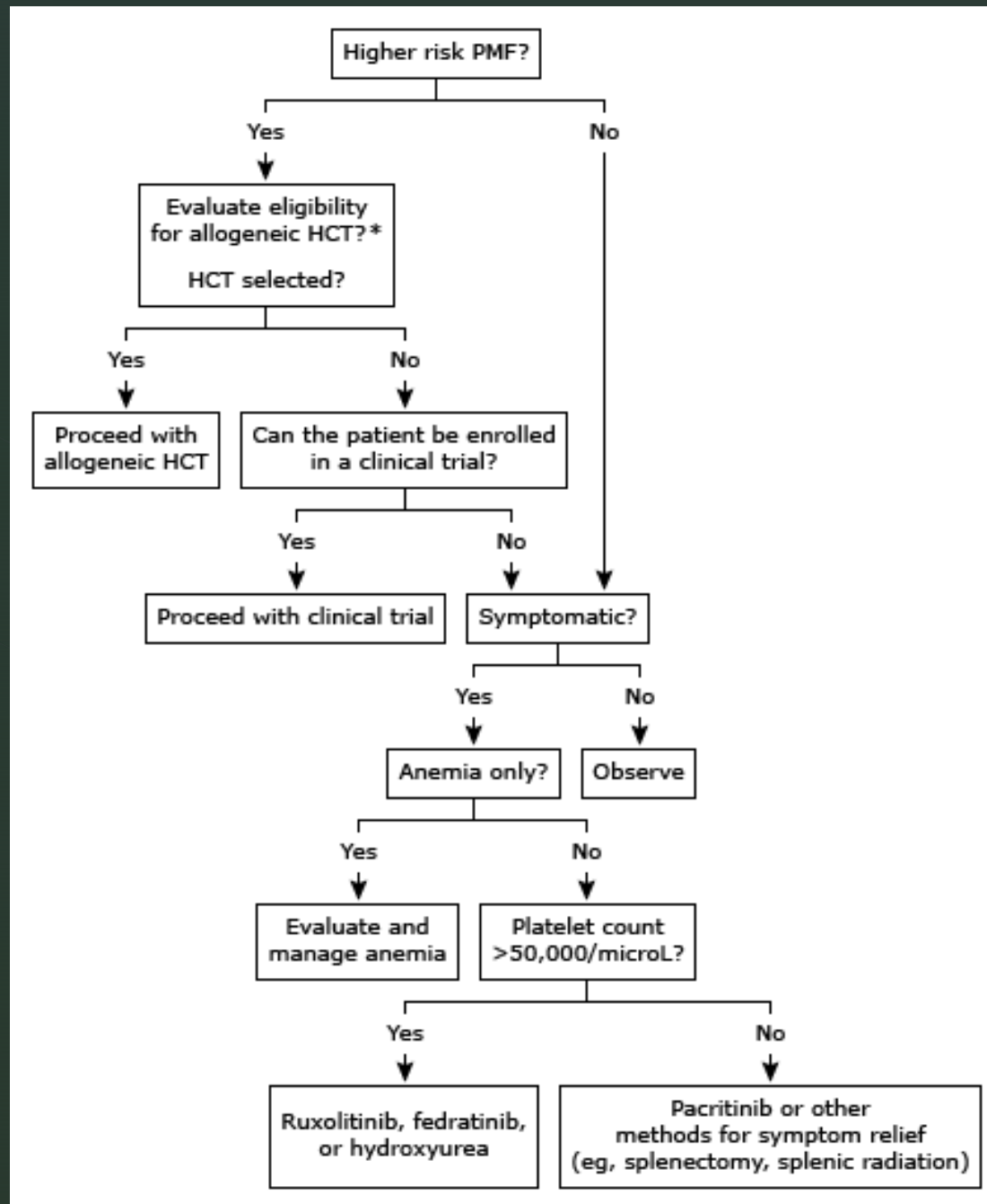
Risk Group	Points
Low	0
Intermediate-1 (INT-1)	1
Intermediate-2 (INT-2)	2 or 3
High	4 to 6

Online calculator for DIPSS-PLUS score can be found at https://qxmd.com/calculate/calculator_315/dipss-plus-score-for-prognosis-in-myelofibrosis

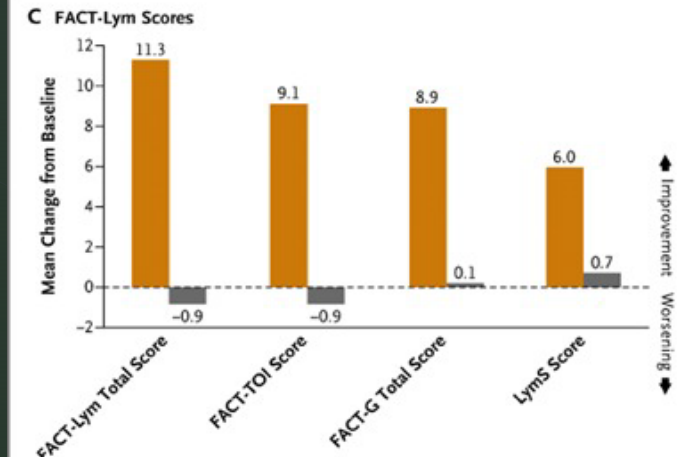
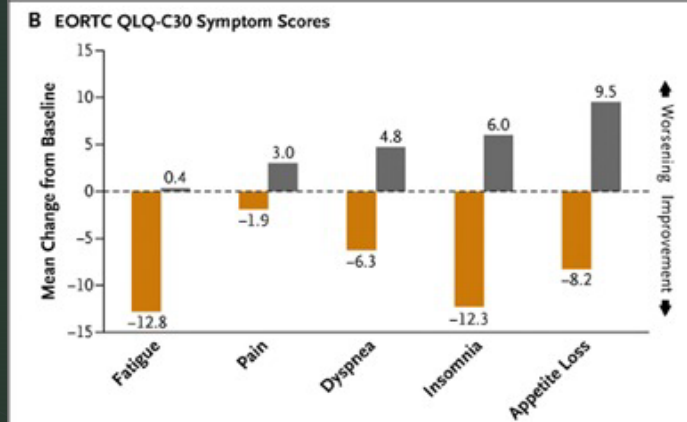
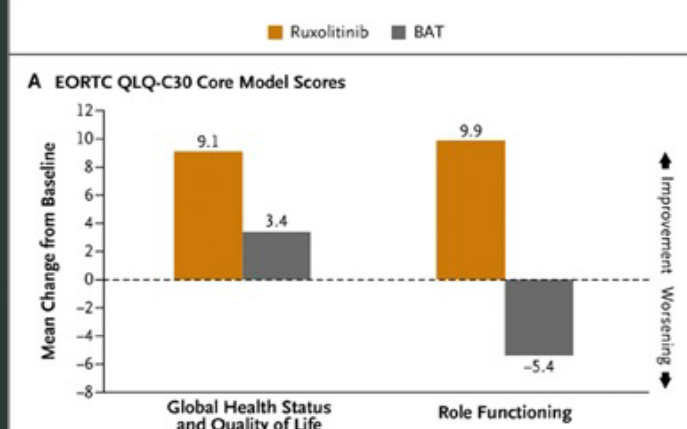
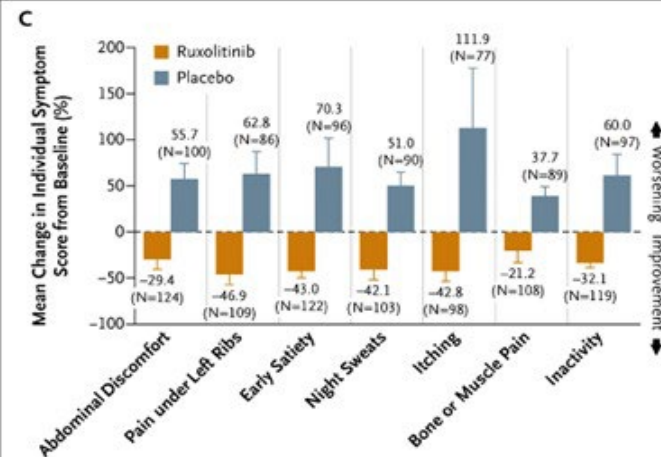
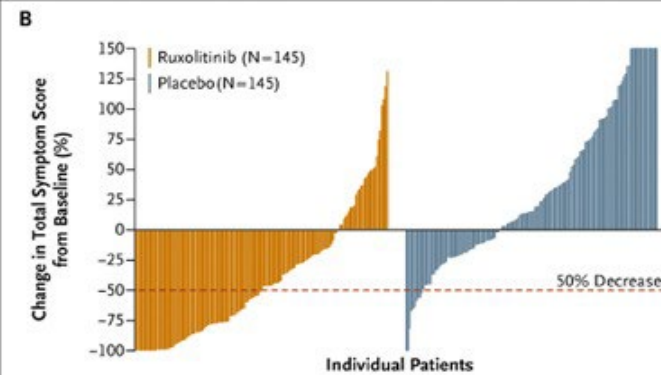
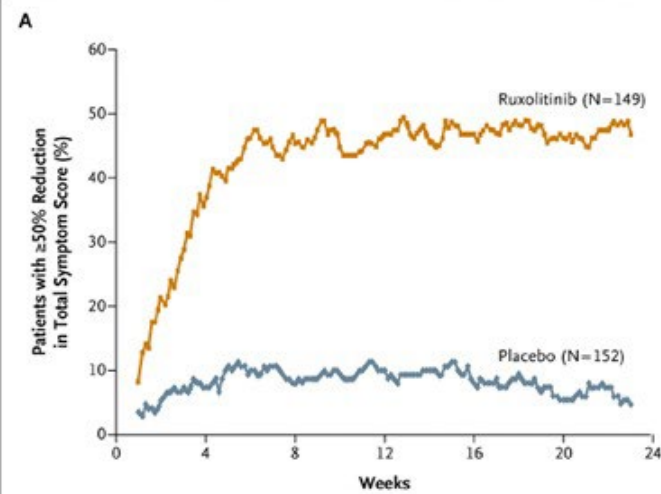
Prognosis

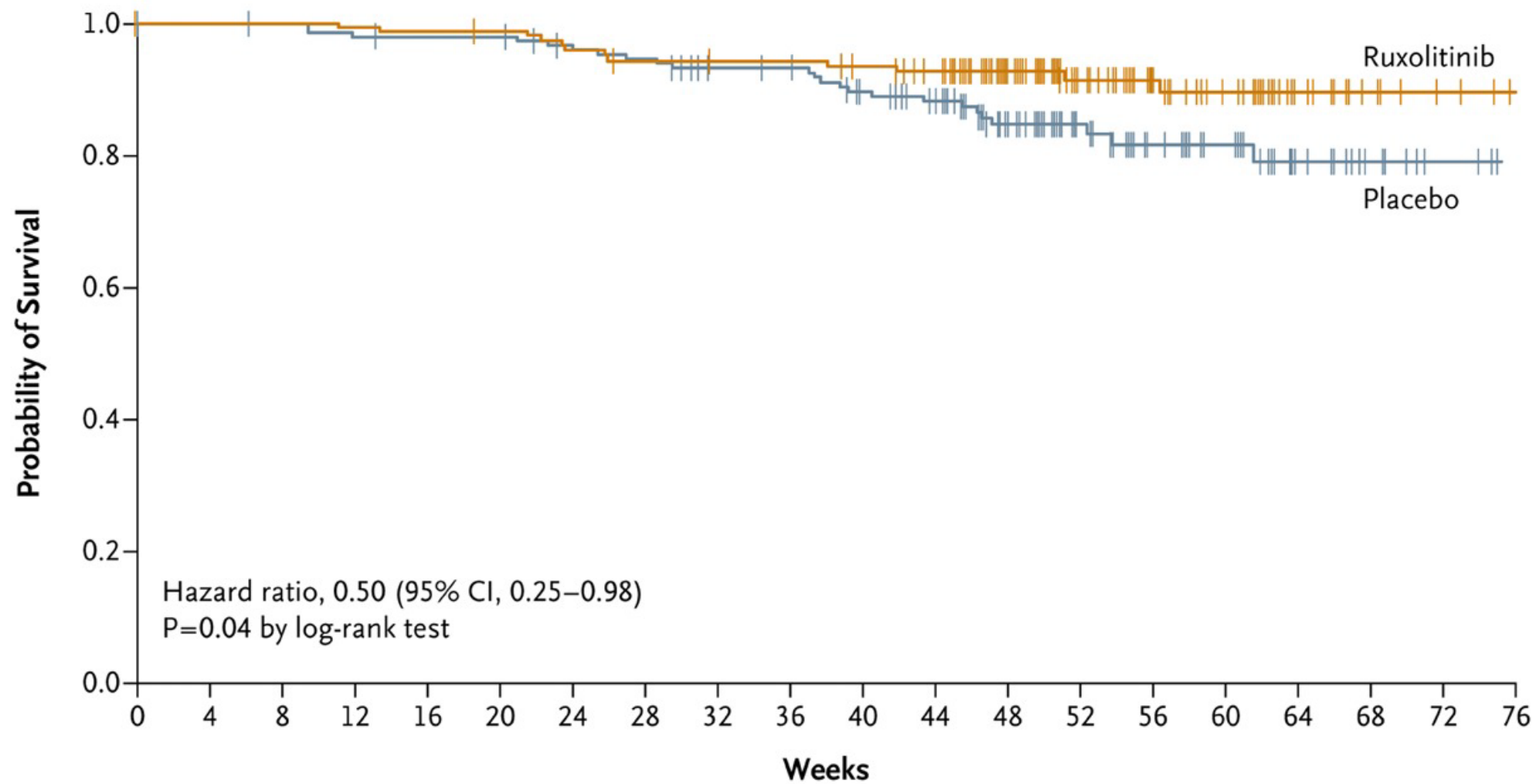


Treatment



Ruxolitinib





No. at Risk

Ruxolitinib	155	155	155	154	153	152	148	144	143	143	140	134	102	68	52	37	18	8	3
Placebo	154	152	151	148	147	147	142	139	132	131	123	115	83	58	45	35	20	9	3

Fedratinib in myelofibrosis

	JAKARTA1 (frontline) ²³	JAKARTA2 (second line) ²⁴
Design	Phase 3/randomized PB controlled	Single arm
Dosing/arms	Placebo FEDR 400 mg FEDR 500 mg	FEDR 400 mg
Inclusion	Disease: primary, post-ET/PV MF Risk: DIPSS INT-2, high risk Prior RX: JAK-inhibitor naive	Disease: primary, post-ET/PV MF Risk: DIPSS INT-1 (symptomatic), INT-2, high risk Prior RX: ruxolitinib intolerant/refractory
Primary end point	>35% SVR	>35% SVR
Key secondary end point	≥50% reduction in MFSAF-TSS	≥50% reduction in MFSAF-TSS
Enrollment	N = 289	N = 97
Initial published response rates		
Spleen volume response (>35% volume reduction)	FEDR 400 mg (36%) FEDR 500 mg (40%) Placebo (1%)	FEDR 400 mg (55% of 83 evaluable)
MFSAF-TSS (>50% reduction)	FEDR 400 mg (36%) FEDR 500 mg (34%) Placebo (7%)	FEDR 400 mg (26% of 90 evaluable)
Toxicity	Grade 1-2 GI toxicities Grade 3-4 cytopenias Suspected WE (more so in 500-mg arm) led to trial hold	Consistent with JAKARTA study toxicity <ul style="list-style-type: none"> • Low-grade GI TOX • Grade 3-4 anemia/thrombocytopenia

Fedratinib in myelofibrosis

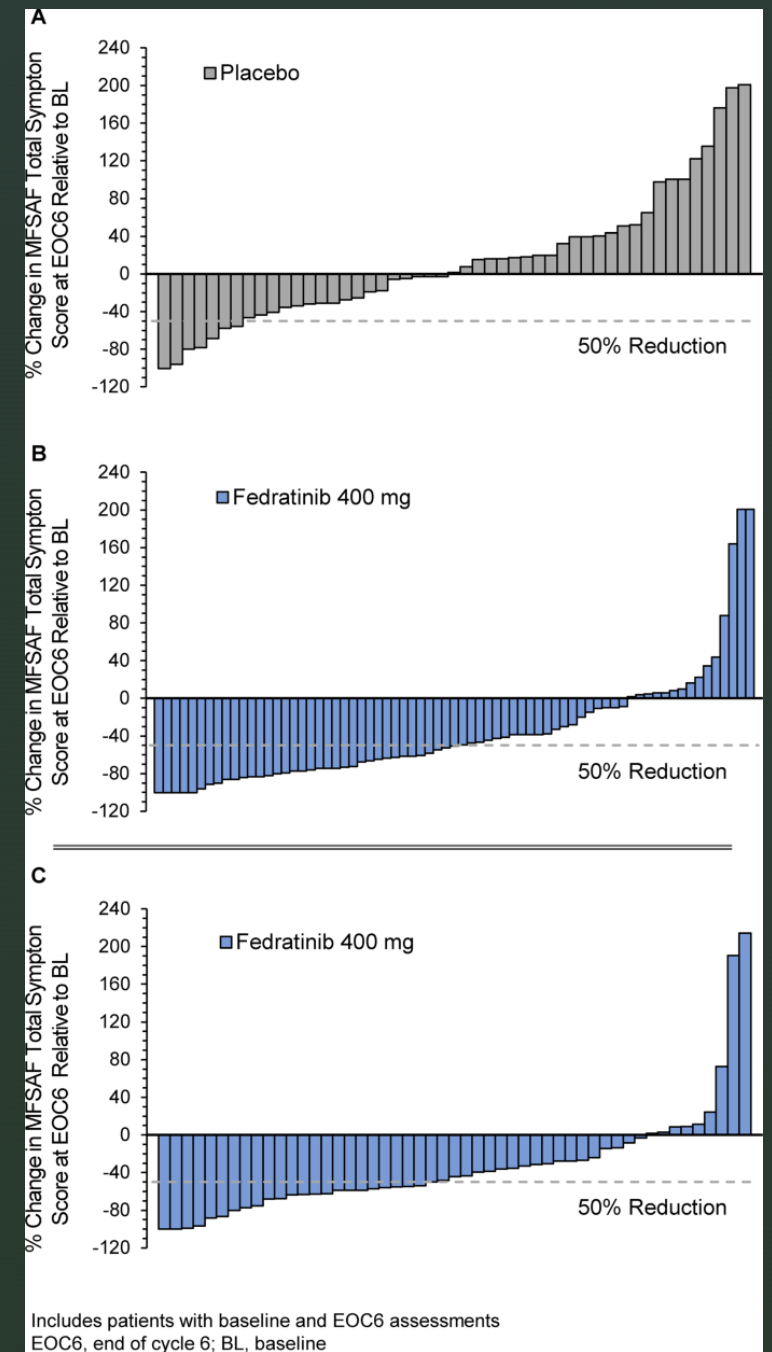
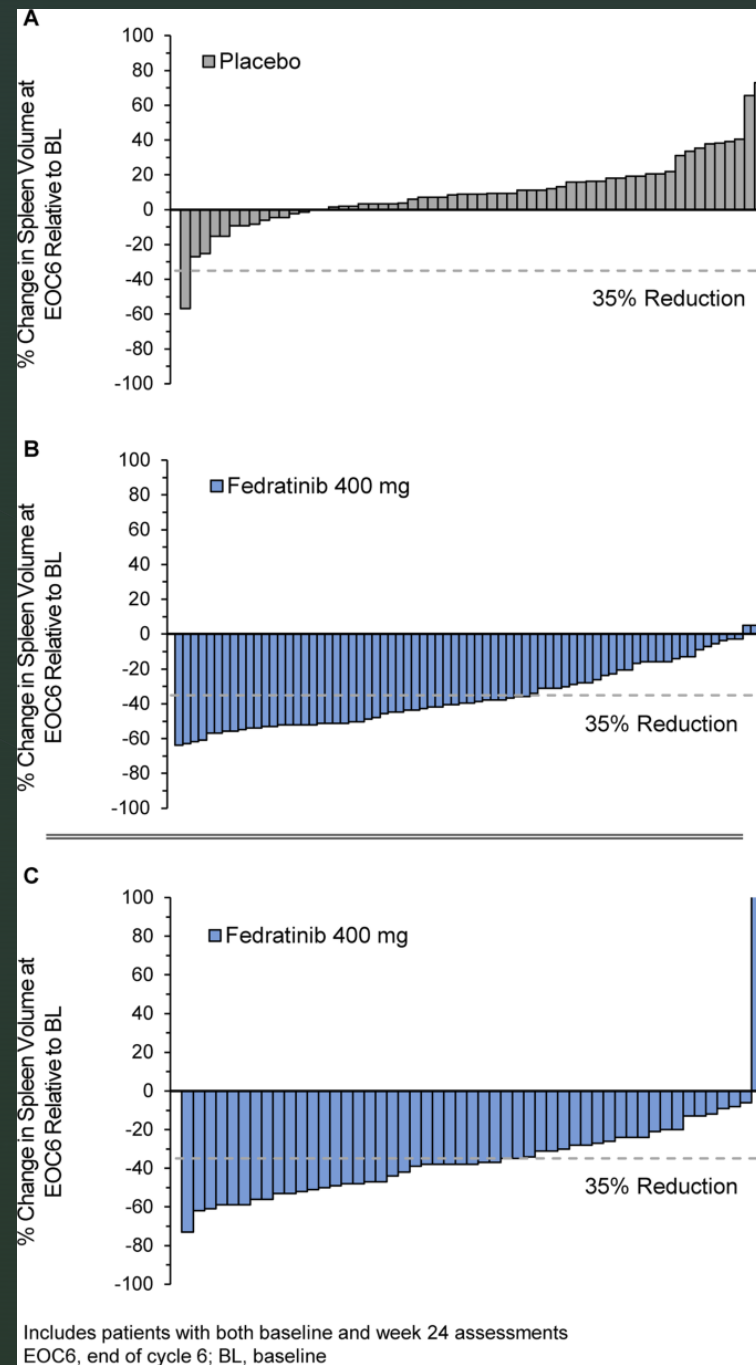


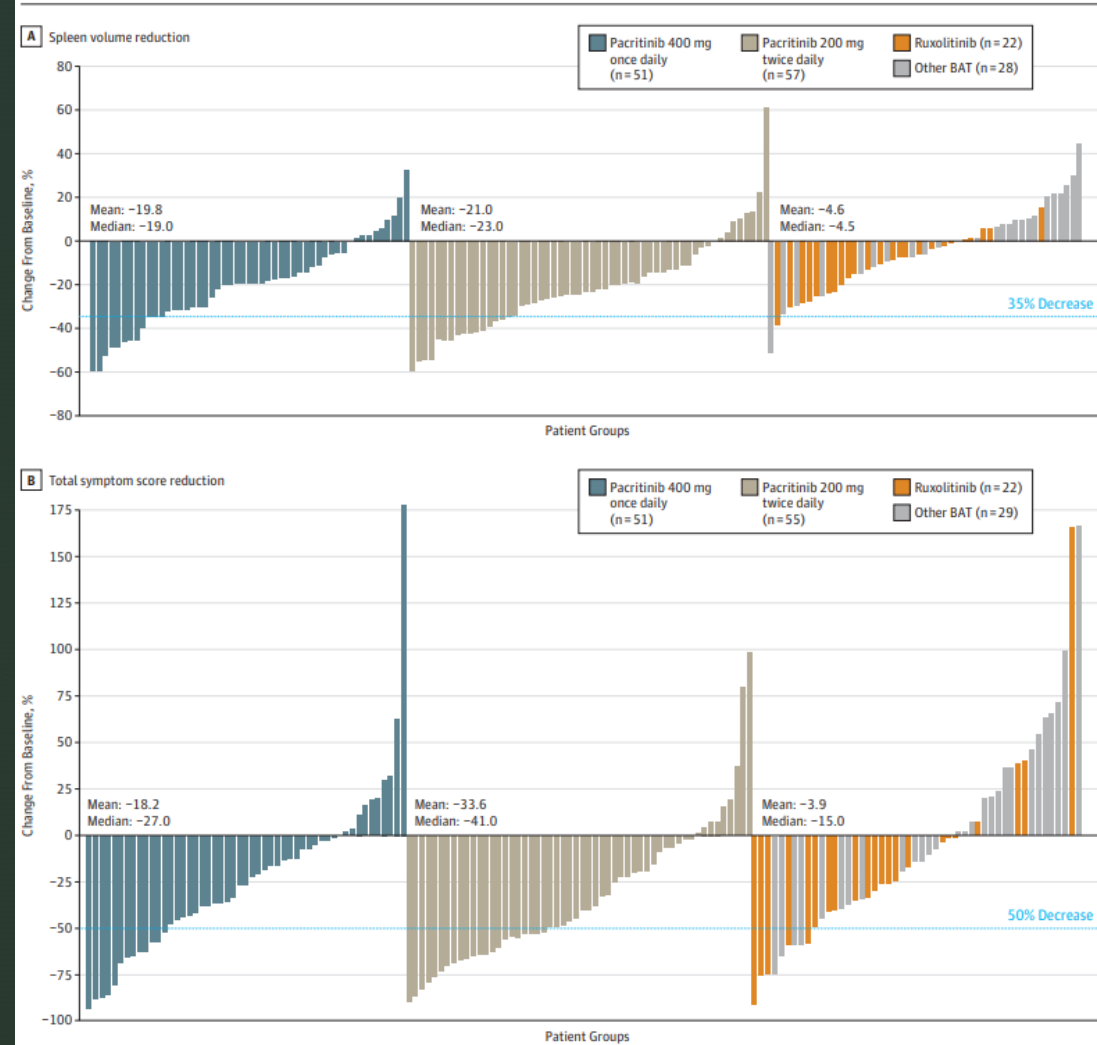
Table 2. Adverse Events Observed in at Least 10% of Patients in Any Treatment Group

Adverse Events, No. (%)	Fedratinib 400 mg (n = 96)		Fedratinib 500 mg (n = 97)		Placebo (n = 95)	
	All Grades	Grade 3 or 4	All Grades	Grade 3 or 4	All Grades	Grade 3 or 4
Any TEAE	96 (100)	52 (54)	95 (98)	68 (70)	89 (94)	30 (32)
TEAE leading to treatment discontinuation to week 24	13 (14)	12 (13)	24 (25)	15 (16)	8 (8)	4 (4)
Serious TEAE	26 (27)	17 (18)	30 (31)	23 (24)	22 (23)	14 (15)
Nonhematologic ^a						
Diarrhea	63 (66)	5 (5)	54 (56)	5 (5)	15 (16)	0
Vomiting	40 (42)	3 (3)	53 (55)	9 (9)	5 (5)	0
Nausea	61 (64)	0	49 (51)	6 (6)	14 (15)	0
Constipation	10 (10)	2 (2)	17 (18)	0	7 (7)	0
Asthenia	9 (9)	2 (2)	15 (16)	4 (4)	6 (6)	1 (1)
Abdominal pain	14 (15)	0	12 (12)	1 (1)	15 (16)	1 (1)
Fatigue	15 (16)	6 (6)	10 (10)	5 (5)	9 (10)	0
Dyspnea	8 (8)	0	10 (10)	1 (1)	6 (6)	2 (2)
Weight decrease	4 (4)	0	10 (10)	0	5 (5)	0
Hematologic ^a						
Anemia	95 (99)	41 (43)	94 (98)	58 (60)	86 (91)	24 (25)
Thrombocytopenia	60 (63)	16 (17)	55 (57)	26 (27)	48 (51)	9 (9)
Lymphopenia	54 (57)	20 (21)	63 (66)	26 (27)	50 (54)	19 (21)
Leukopenia	45 (47)	6 (6)	51 (53)	15 (16)	18 (19)	3 (3)
Neutropenia	27 (28)	8 (8)	42 (44)	17 (18)	14 (15)	4 (4)
Infections and infestations ^b	40 (42)	2 (2)	38 (39)	12 (12)	26 (27)	4 (4)
Laboratory parameter elevation						
Alanine transaminase	51 (53)	3 (3)	44 (46)	3 (3)	16 (17)	0
Aspartate transaminase	58 (60)	2 (2)	46 (48)	2 (2)	27 (29)	1 (1)
Hyperbilirubinemia	30 (31)	2 (2)	27 (28)	1 (1)	38 (40)	2 (2)
Creatinine	52 (54)	3 (3)	60 (63)	0	28 (30)	1 (1)
Amylase	25 (26)	2 (2)	22 (23)	3 (3)	7 (7)	0
Lipase	43 (45)	12 (13)	34 (36)	9 (9)	6 (6)	2 (2)

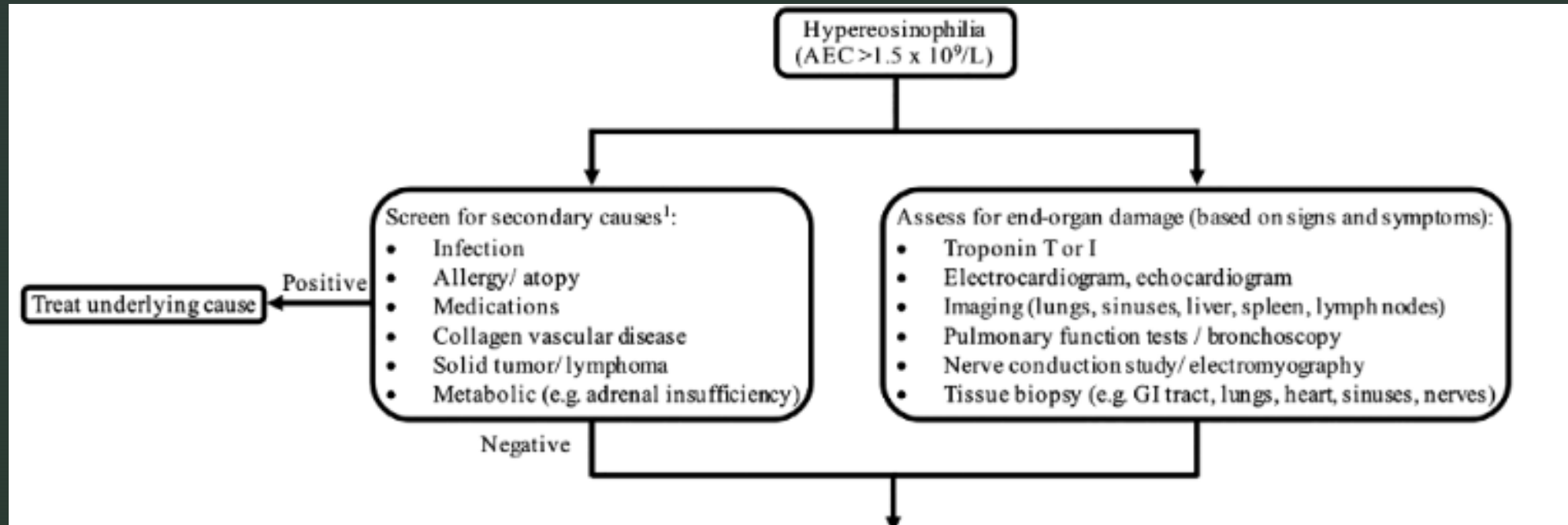
Pacritinib

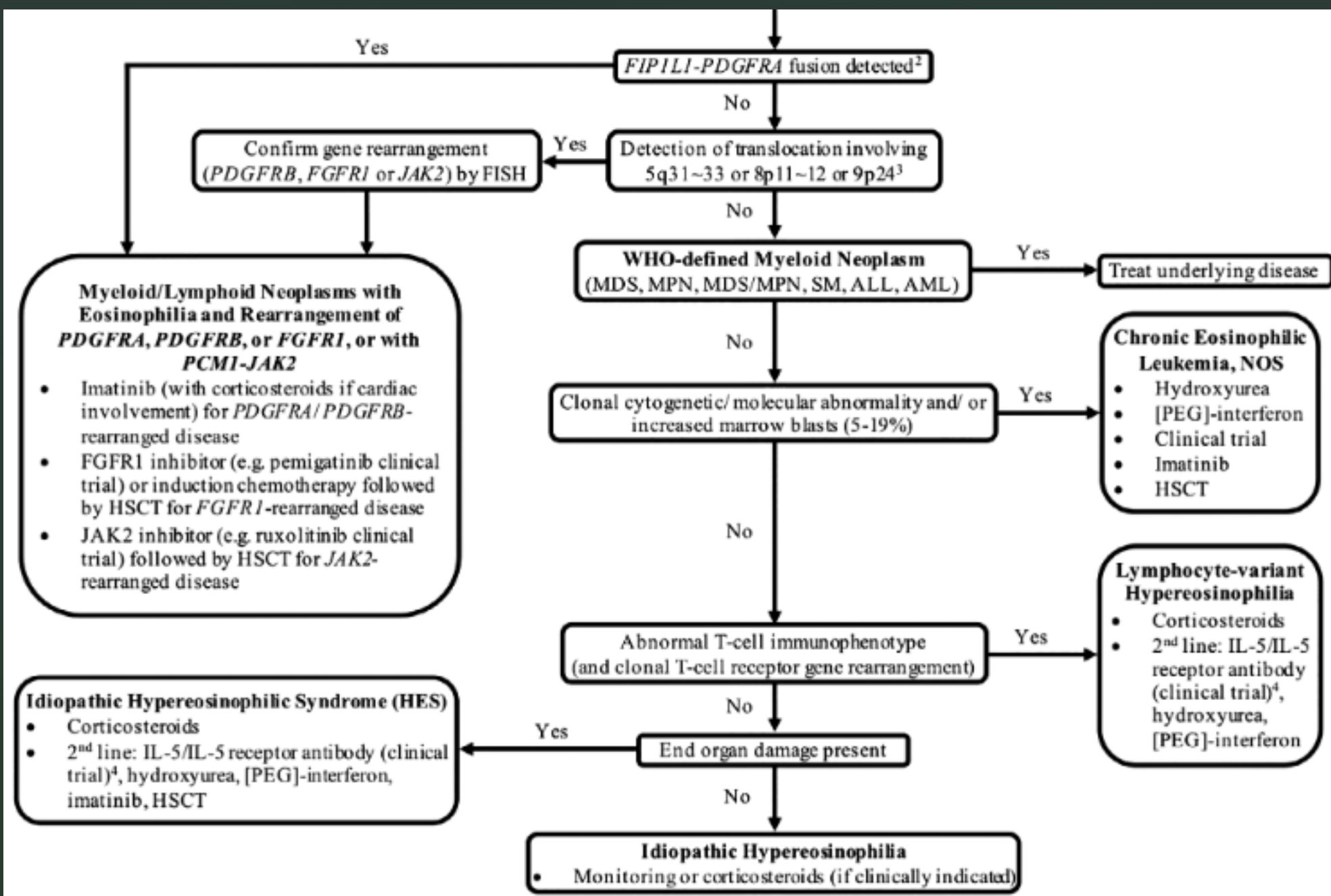
- Indicated for the treatment of adults with intermediate or high-risk primary or secondary (post-polycythemia vera or post-essential thrombocythemia) myelofibrosis with a platelet count below $50 \times 10^9 /L$ (1).

Figure 2. Spleen Volume Reduction and Reduction in Total Symptom Score in Evaluable Patients



Hypereosinophilic syndrome

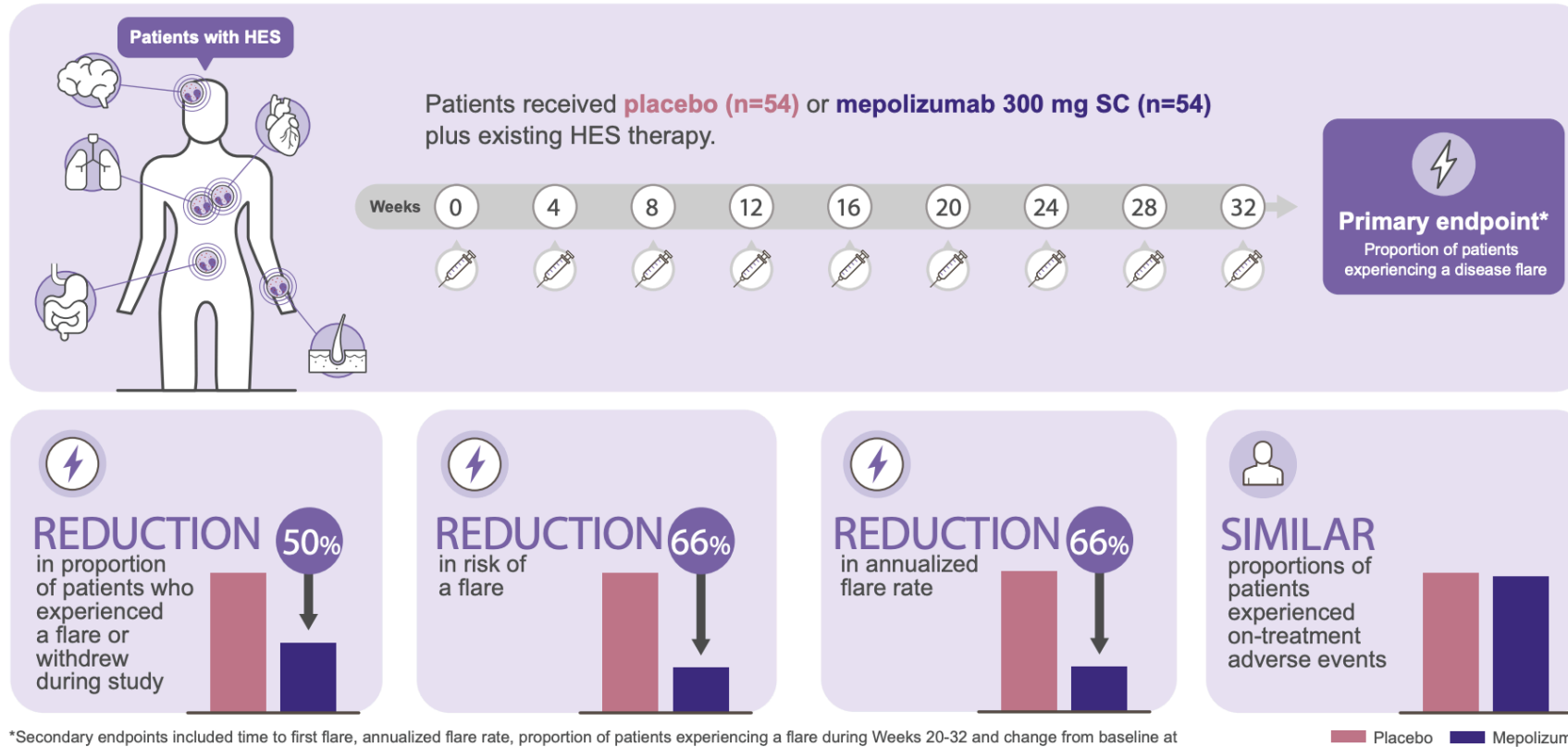




GRAPHICAL ABSTRACT

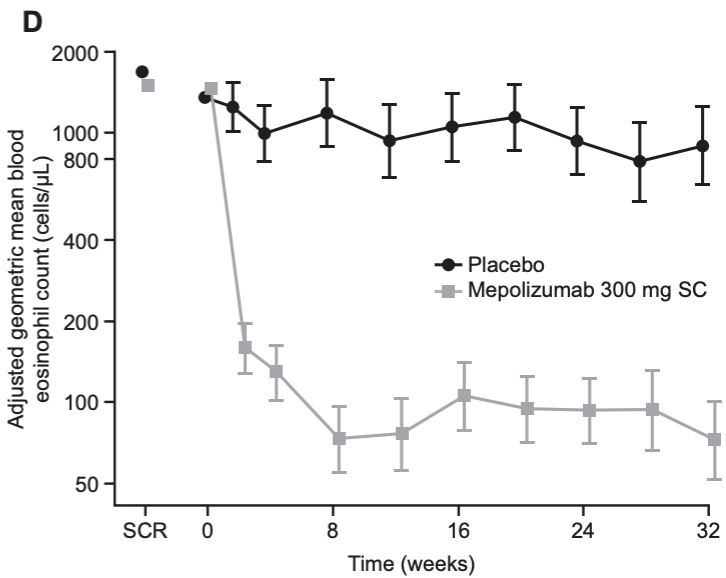
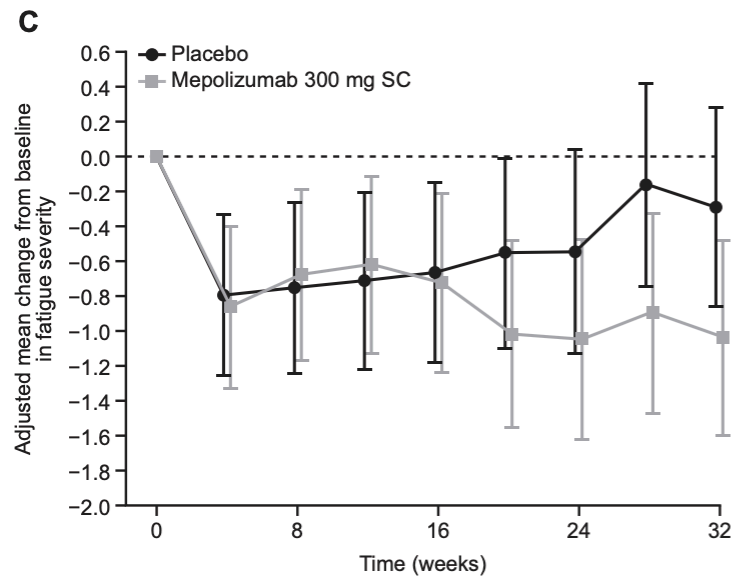
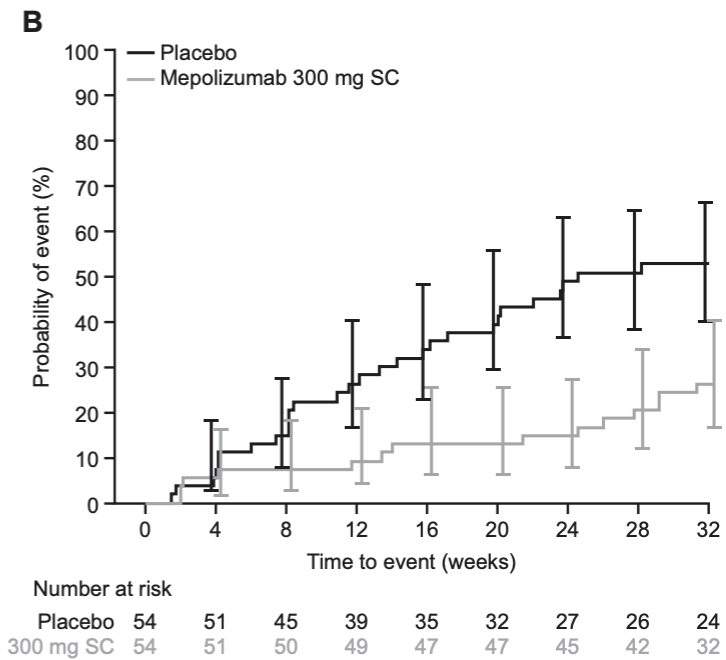
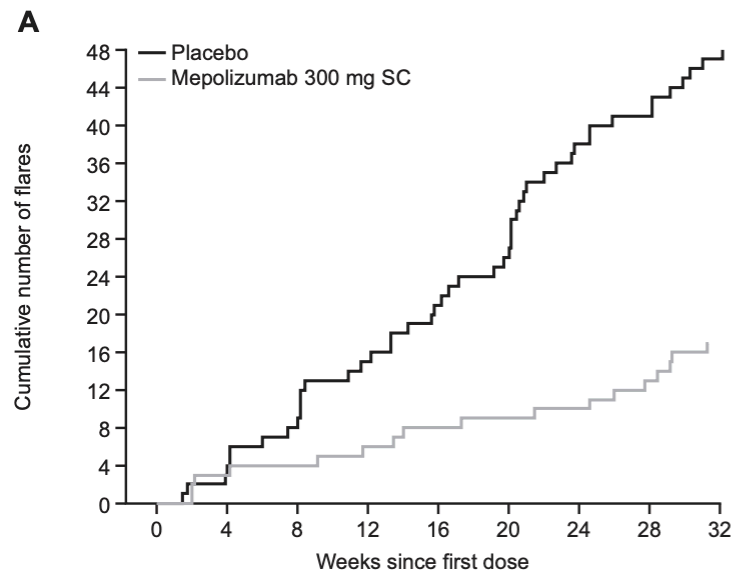


Efficacy and safety of mepolizumab in hypereosinophilic syndrome: a Phase III, randomized, placebo-controlled trial



*Secondary endpoints included time to first flare, annualized flare rate, proportion of patients experiencing a flare during Weeks 20-32 and change from baseline at Week 32 in fatigue severity; safety outcomes were also assessed. HES, hypereosinophilic syndrome; SC, subcutaneous.





Questions:

