



VIRTUAL MPN MARATHON QUALITY OF LIFE 2024

➤ We are dedicated to providing the knowledge, support, and resources patients will need as they adjust to living with an MPN through a monthly life online webinar, called the „MPN Quality of Life Marathon“

➤ MPN. Common symptoms are: fatigue, weakness, weight loss, splenomegaly, bruising and bleeding, night sweats, pain in bones or joints.

➤ Ten webinars to educate MPN patients, providing information and support, but also engaging them in life active physical exercises

➤ With this new format we reached the entire MPN community in [Austria](#), [Germany](#), [Switzerland](#) [Luxembourg](#)

➤ We educated more than 300 MPN patients in DACH region

➤ We raised the awareness on unmet needs of MPN quality of Life

METHODOLOGY

Our success story

➤ **Idea- 25.07.2023**

➤ **Presentation of the concept during annual MPN Patient Day for DACH region -09.09.2023**

➤ **October-December 2023 –fundraising**

➤ **17 February 2024 first Webinar**

10 Webinars Topics MPN MARATHON QUALITY OF LIFE

➤ "Fatigue - how can I avoid or treat fatigue or exhaustion?"

➤ "Changes in blood parameters - are there any restrictions on participation in sport?"

➤ "(Osteo)-sarcopenia - how to avoid bone and muscle loss" ?

➤ The muscles – VIP organ with multifunctional effect

➤ How can I check my performance myself?

➤ Achtsamkeitsbasierte Übungsformen

➤ Non-pharmacological support through digital application programs

➤ Cognitive limitations

➤ Running away from anxious - is that possible?

➤ Reduce excess weight sensibly

www.mpnaustriai.com

INSTRUCTIONS FOR MPN Horizons 2024 POSTERS

Posters can be sent to doneva@mpn-advocates.net and printed at the venue

REGARDING STYLE

- Size of the poster template: **A1: 59 x 84 cm**
- You can use this poster template or you can have your own design. Be creative as you like!
- Use at least 36 point font for your text and at least 48 point font for the title. Your font style should be legible also.
- We recommend to use images, tables, photos or graphs. Minimum recommended size is 300 dpi.
- Remember that viewers will typically expect information to flow from left to right and from top to bottom. Use arrows, pointing hands, numbers, or letters to help clarify the sequence or flow of the poster.
- Use headings and subheadings to label your information.

REGARDING CONTENT

- You can present an activity, project, initiative from 2023/2024 developed by your MPN patient organization.

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A GOOD POSTER SHOULD BE:

- **Readable.** Readability is a measure of how easy it is to understand the ideas and messages presented in the poster. If the text has lots of grammatical errors and misspellings, or contains complex or long sentences, it will be more difficult to understand.
- **Legible.** The text should be easy to read. A common error in poster presentations is use of fonts that are too small to be read from 1-2 meters away, a typical distance for reading a poster.
- **Well organized.** Spatial organization makes the difference between reaching 95% rather than just 5% of your audience: the poster should flow in a logical format – this means that the reader will not have to search out information and can spend more time learning about the initiative.
- **Succinct.** Studies show that you have only 11 seconds to grab and retain your audience's attention so make the punch line prominent and brief. Most of your audience is going to absorb only the punch line. Those who are really interested in the topic will seek you out anyway and chat with you!