

Acute Myeloid Leukemia: Treatment Conversation Guide

If you or a loved one has recently been diagnosed with acute myeloid leukemia (AML):

- Talk with your doctor about treatment options for AML
- Ask questions to learn what to expect from your treatment
- Fill out this guide with help from your doctors and nurses
- Share this information with your loved ones

This guide can help you and your loved ones learn about treatment options for AML so that you can make the best treatment decisions for you.

What is AML?

- AML is a blood cancer where the body makes too many abnormal blood cells and not enough healthy blood cells.

What are cytogenetic and molecular markers?

- This shows the chance that AML will come back (relapse) after treatment.
- The results will help your doctor find out which treatments may work best for you.

Cytogenetic results: _____

Molecular marker results: _____

These results mean: _____

Treatment options

- Treatment typically starts with induction chemotherapy.
- Then, talk to your doctor about your next step in your treatment. The next step may be a blood or marrow transplant (BMT) or consolidation chemotherapy.

TREATMENT OPTIONS	BENEFITS	RISKS
Induction chemotherapy Typically the first step in treating AML. You get chemotherapy to destroy the abnormal cells in your body.		
Blood or marrow transplant (BMT) Treatment after induction chemotherapy. It replaces any abnormal cells that could still be in your body with healthy donated cells.		
Consolidation chemotherapy Treatment after induction chemotherapy. You get chemotherapy to destroy any abnormal cells that are left in your body.		
Other:		
Other:		

Treatment outcomes

Treatment outcomes tell you how a group of patients with AML have done after a specific treatment. But they don't tell the whole story. Outcomes can't tell you how you will do. There are 2 main types of outcomes to keep in mind.

- 1. Survival outcomes** tell you how many people with AML are alive at a specific time after diagnosis or after a specific treatment.
- 2. Quality of life outcomes** tell you how other people have done physically, emotionally and socially after treatment.



Danielle, patient

QUESTIONS TO **ASK YOUR DOCTOR**

What are my chances of a cure or long-term remission with each treatment option?


What are the possible side effects of treatment? How can they be reduced?

How might my quality of life change over time with each treatment option?

Does my current health or age affect how well each treatment might work for me?

What do my cytogenetic and molecular marker results mean for my treatment?

If transplant is an option, when should I talk to a transplant doctor?

 *I recommend that you ask all the questions that you feel you want answers to."*

— Bob, patient

The most important things to know

We can treat AML with _____

My next appointment is _____

With questions contact

Emergency _____

Non-emergency _____

Take care of your emotional health

Going through a serious illness and treatment is stressful for you and your loved ones. It can be helpful to talk with someone about the practical and emotional challenges that come with illness. Ask your doctor if there's an oncology social worker you can speak with.



We did the bone marrow biopsy and there it was. We didn't know the questions to ask, but we knew that it was pretty serious, so we just took each day as it came."

— Steve, husband and caregiver to Patsy

WHEN YOU HAVE QUESTIONS ABOUT TRANSPLANT, **WE'RE HERE TO HELP**

LEARN: BeTheMatch.org/AML

EMAIL: patientinfo@nmdp.org

ORDER: BeTheMatch.org/request

CALL: 1 (888) 999-6743

TRANSLATED RESOURCES: BeTheMatch.org/translations

Every individual's medical situation, transplant experience, and recovery is unique. You should always consult with your own transplant team or family doctor regarding your situation. This information is not intended to replace, and should not replace, a doctor's medical judgment or advice.

About Be The Match®

For people with life-threatening blood cancers—like leukemia and lymphoma—or other diseases, a cure exists. Be The Match connects patients with their donor match for a life-saving blood or marrow transplant. People can be someone's cure as a member of the Be The Match Registry®, financial contributor or volunteer. Be The Match provides patients and their families one-on-one support, education, and guidance before, during and after transplant.

Be The Match is operated by the National Marrow Donor Program® (NMDP), a nonprofit organization that matches patients with donors, educates health care professionals and conducts research so more lives can be saved.

Learn more at BeTheMatch.org/patient or call 1 (888) 999-6743.



About The Leukemia & Lymphoma Society®

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health organization dedicated to funding research, finding cures and ensuring access to treatments for blood cancer patients.

LLS is the leading source of free blood cancer information, education and support.

Contact an Information Specialist—
Call: 1 (800) 955-4572
or Email: infocenter@lls.org



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