


Following acute myeloid leukemia (AML), doctors will develop a follow-up treatment plan. This will help with an adjustment to life after AML and manage any long-term effects of the disease and treatment, both physical and psychological.



LIFE AFTER AML TREATMENT

AML is a major event in a person's life that other people may not fully understand. After treatment, friends and family may expect you to be 'back to normal', but **it can take time to feel 'normal' again.** This is often part of AML recovery and if you feel this way, **you are not alone.**

Talking to doctors, nurses, friends and family about physical and mental symptoms will help them understand how AML is affecting your everyday and **how they can best support you.** They will also be able to provide information on support groups in your local area.

HOW CAN I IMPROVE MY GENERAL WELLBEING IN REMISSION?

There are some smaller changes that you can implement in your everyday to help manage any effects of AML treatment.¹

1. Healthy diet


2. Avoid smoking and tobacco

3. Gentle exercise


4. Attend all medical follow ups

MONITORING FOR AML SYMPTOMS:


Regular blood and bone marrow tests will be run after treatment to count the number of healthy cells compared with abnormal white blood cells.^{2,3} If the body starts producing high numbers of abnormal white blood cells again, this is known as a 'relapse'.⁴ Your doctors will tell you what symptoms to look out for that may indicate that AML has returned, including the following:⁵




SWOLLEN GLANDS




HEADACHES




FEVER AND SWEATS




BLURRED VISION



UNEXPLAINED OR EASY BRUISING



BONES ACHING MORE THAN USUAL



FEELING UNUSUALLY TIRED

Doctors will advise how often tests will be needed, based on a person's specific and individual risk of AML returning.⁶ Over time, as the risk reduces, doctors might suggest less frequent follow ups.

TREATMENT SIDE EFFECTS:

Different treatments are associated with different side effects. These are **usually temporary and lessen over time** however, some people may develop '**late**' effects, which develop several months or even years after treatment.¹ For this reason, your doctor will want to monitor and test for any side effects over a number of years.

PHYSICAL EFFECTS following continued treatment include, but are not limited to:¹

- Feeling tired constantly
- Learning and memory difficulties
- Heart disease
- Inability to multitask
- Infertility
- Depression
- Thyroid dysfunction
- Post-traumatic stress disorder
- Unable to think clearly

Doctors will let you know what **late effects** to watch out for based on your specific treatment. Doctors will **monitor and test** for any **side effects** over a number of years. Let your doctors or nurse know if you **notice any new or worsening symptoms** and they will be able to help you manage them.

If you experience any new side effects or changes in your condition, speak with your doctor. Any side effects should be reported. Reporting forms and information can be found at:

- United Kingdom: via the Yellow card scheme at <http://www.mhra.gov.uk/yellowcard> or search MHRA Yellow Card in the Google Play or Apple App Store.
- Republic of Ireland: HPRC Pharmacovigilance website at <http://www.hpra.ie/homepage/about-us/report-an-issue>.

FOR FURTHER SUPPORT, VISIT AMLCARE.CO.UK OR AMLCARE.IE

This leaflet is for patients in UK and Ireland only, and has been created and funded by Astellas. It is provided for informational purposes only and does not constitute individual medical advice. If you have any questions or concerns about your medical condition or AML, ask your doctor. This document should be printed in full in portrait orientation, in colour on A4 paper on both sides.

REFERENCES

1. Leukemia & Lymphoma Society. Long-Term and Late Effects Facts. Available from: https://www.lls.org/sites/default/files/file_assets/FS22_LongTermandLateEffects_Adults_FactSheet.pdf [last accessed: April 2022]. 2. Leukemia & Lymphoma Society. Bone Marrow Tests. Available from: <https://www.lls.org/treatment/lab-and-imaging-tests/bone-marrow-tests#:~:text=The%20tests%20help%20determine%20whether,be%20seen%20in%20blood%20samples> [Last accessed: April 2022] 3. Leukemia & Lymphoma Society. Blood Tests. Available from: <https://www.lls.org/treatment/lab-and-imaging-tests/blood-tests> [Last accessed: April 2022] 4. Leukemia & Lymphoma Society. Relapsed and Refractory. Available from: <https://www.lls.org/leukemia/acute-myeloid-leukemia/treatment/relapsed-and-refractory> [Last accessed: April 2022] 5. Leukaemia Care. Relapse in AML. Available from: <https://media.leukaemiacare.org.uk/wp-content/uploads/Relapse-in-Acute-Myeloid-Leukaemia-AML-Web-Version.pdf> [Last accessed: April 2022] 6. Blood Cancer UK. Acute Myeloid Leukaemia after treatment. Available from: <https://bloodcancer.org.uk/understanding-blood-cancer/leukaemia/acute-myeloid-leukaemia/aml-treatment-side-effects/aml-after-treatment/> [Last accessed April 2022]