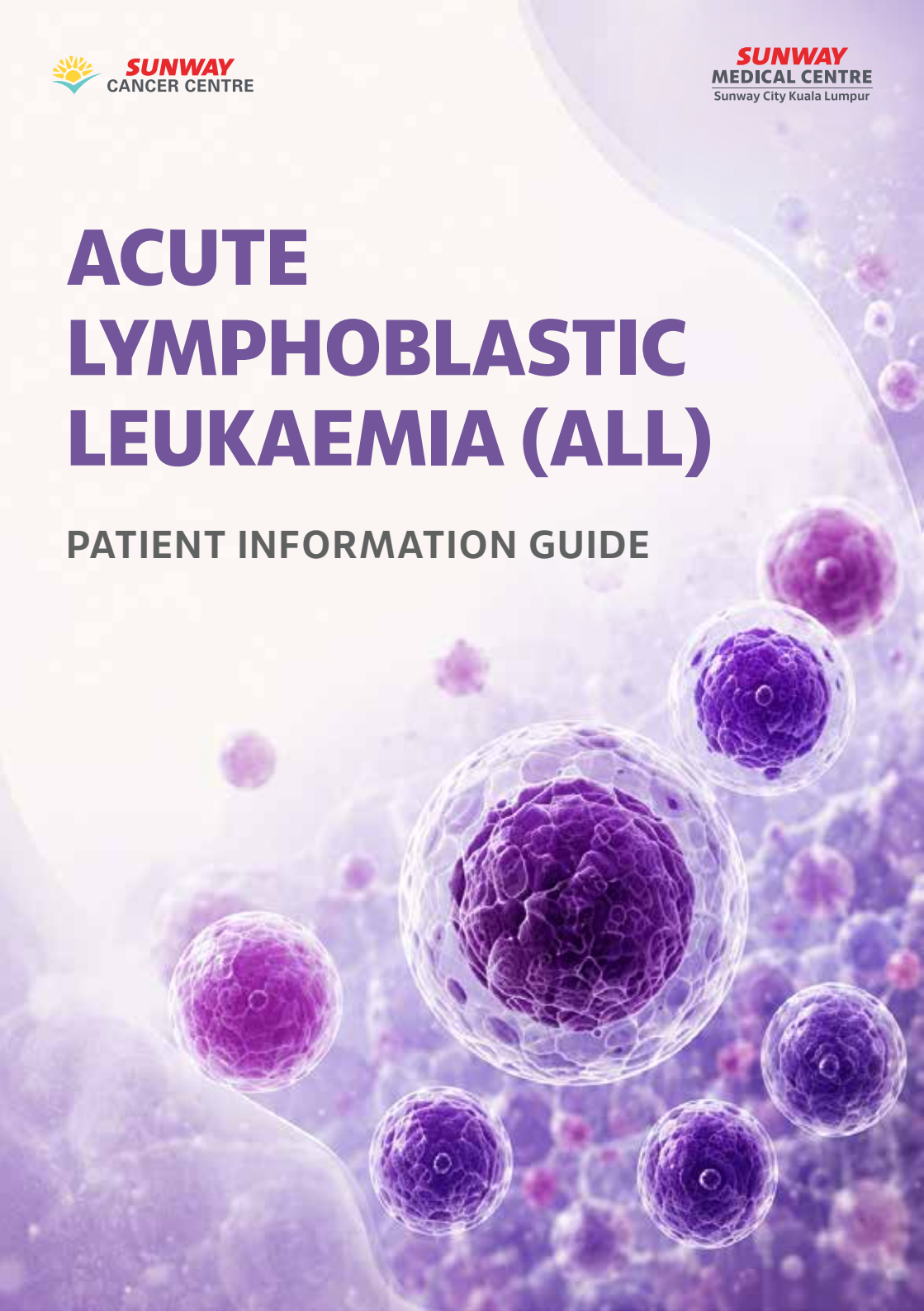


ACUTE LYMPHOBLASTIC LEUKAEMIA (ALL)

PATIENT INFORMATION GUIDE



What is Acute Lymphoblastic Leukaemia (ALL)?



Acute Lymphoblastic Leukaemia (ALL) is a fast-growing **cancer of the blood and bone marrow** that affects immature white blood cells called **lymphoblasts**. These abnormal cells multiply rapidly and crowd out healthy blood cells.

ALL is the most common type of childhood leukaemia, but it can also occur in adults. With early diagnosis and proper treatment, many patients can achieve long-term remission.

Signs and Symptoms

Symptoms may develop quickly and can include:



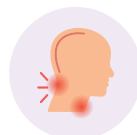
Persistent tiredness or weakness



Loss of appetite or unexplained weight loss



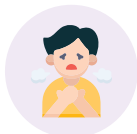
Pale skin or headaches due to anaemia



Swollen lymph nodes in the neck, armpits, or groin



Easy bruising or bleeding



Shortness of breath



Fever or frequent infections



Bone or joint pain

If you or your child experiences these symptoms, seek medical attention promptly.

How is ALL Diagnosed?

Doctors use several tests to confirm the diagnosis and determine the subtype of ALL:

1 Full Blood Count (FBC)

Measures the levels of red blood cells, white blood cells, and platelets.

2 Peripheral Blood Film

Examines for abnormal lymphoblasts.

3 Bone Marrow Aspiration and Biopsy

Confirms the diagnosis of ALL and help classify the subtype.

4 Flow Cytometry

Identifies the type of leukaemia cells (B-cell or T-cell).

5 Cytogenetic and Molecular Testing

Detect genetic changes that help guide treatment decisions.

6 Lumbar Puncture

Checks whether the cancer has spread to the brain or spinal fluid.

7 Imaging Tests

X-rays, CT scans, or ultrasound scans may be used to assess organ involvement.

Treatment Options

Treatment for ALL is typically divided into several phases:



Induction Therapy

The first phase aims to destroy leukaemia cells in the blood and bone marrow to achieve remission.



Consolidation (Intensification) Therapy

High-dose chemotherapy or targeted therapy is used to destroy remaining leukaemia cells.



Maintenance Therapy

Long-term, lower-dose treatment helps prevent relapse. This phase may last for 1–2 years.



Targeted Therapy

Uses medicines that target specific abnormal proteins or genetic changes in the leukaemia cells.



Immunotherapy

Uses the body's immune system to fight leukaemia cells (e.g., CAR-T cell therapy).



Stem Cell Transplant

Recommended for high-risk or relapsed cases to restore healthy bone marrow after chemotherapy.

Living with ALL



Nutrition

Maintain a balanced diet to support recovery. Avoid raw or undercooked foods during treatment to reduce infection risk.



Infection Prevention

Wash hands frequently, avoid crowded places, and wear a mask when necessary.



Physical Activity

Regular exercise can help maintain strength and reduce fatigue.



Emotional Well-being

If you're feeling anxious or stressed, speak to your healthcare provider about counselling and support groups.



Follow-Up Care

Attend regular clinic appointments to monitor your blood counts and detect any signs of relapse early.

When to Seek Medical Help?

Contact your doctor or visit the hospital immediately if you experience:



High fever or chills



Persistent vomiting or diarrhoea



Bleeding that does not stop



Shortness of breath or chest pain



Sudden severe headache or vision changes



Extreme fatigue or weakness

**This brochure is intended for general information purposes only and should not replace professional medical advice. Please consult your doctor for medical advice specific to your condition.*



WHERE TO GET HELP?

SUNWAY **MEDICAL CENTRE** Sunway City Kuala Lumpur

Sunway Medical Centre Sdn Bhd

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