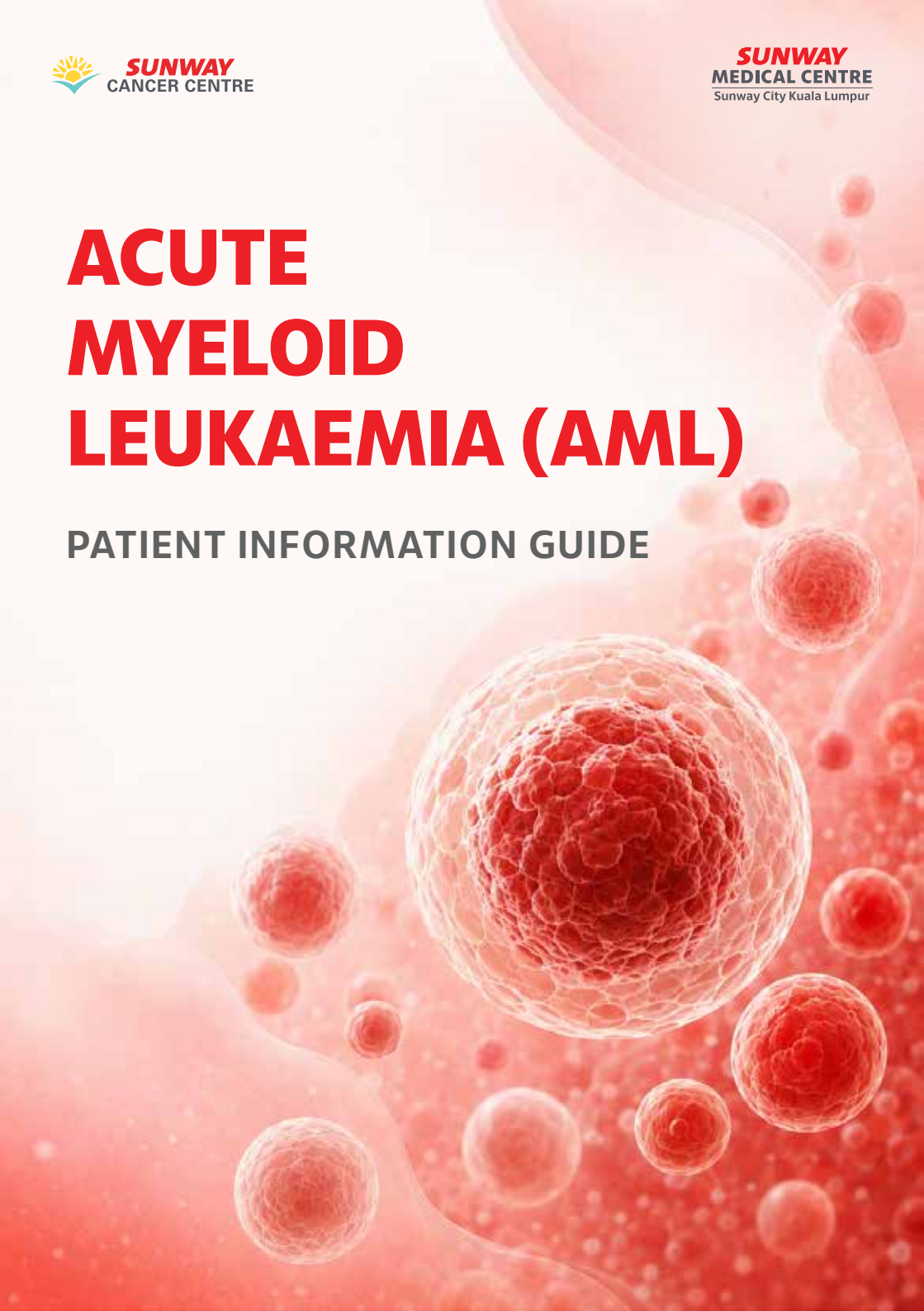


ACUTE MYELOID LEUKAEMIA (AML)

PATIENT INFORMATION GUIDE



What is Acute Myeloid Leukaemia (AML)?



Acute Myeloid Leukaemia (AML) is a **cancer of the blood and bone marrow** that affects the myeloid cells, which are responsible for producing red blood cells, white blood cells, and platelets.

In AML, the bone marrow makes abnormal, immature white blood cells called **myeloblasts**, which multiply uncontrollably and crowd out healthy cells. AML develops rapidly and requires prompt medical attention.

Signs and Symptoms

Symptoms may appear suddenly and worsen quickly, which include:



Persistent tiredness or weakness



Fever or frequent infections



Easy bruising or bleeding gums



Loss of appetite or unexplained weight loss



Pale skin



Bone or joint pain



Shortness of breath



Night sweats

If you notice several of these symptoms, consult your doctor for early assessment and treatment.

How is AML Diagnosed?

Diagnosis involves several tests to confirm AML and determine the specific subtype:

- 1 Full Blood Count (FBC)**
Checks for abnormal white blood cells and low red blood cells or platelets.
- 2 Peripheral Blood Film**
Examines the shape and maturity of blood cells.
- 3 Bone Marrow Aspiration and Biopsy**
Confirm the diagnosis of AML and identifies leukaemia cells.
- 4 Cytogenetic and Molecular Testing**
Detect genetic mutations and chromosomal changes that help guide treatment.
- 5 Imaging Tests (if needed)**
X-ray, CT scans, or ultrasound scans may be used to assess organ involvement.

Treatment Options

Treatment is tailored based on age, general health, and test results. Main options include:



Induction Chemotherapy

The first phase of treatment aims to kill as many leukaemia cells as possible and restore normal blood cell production.



Consolidation Therapy

Additional chemotherapy or a stem cell transplant to prevent relapse.



Targeted Therapy

Uses medicines that specifically target abnormal genes or proteins in the leukaemia cells.



Stem Cell Transplant (Bone Marrow Transplant)

In suitable patients, healthy stem cells from a donor are used to rebuild bone marrow after chemotherapy.



Supportive Care

Includes antibiotics for infection, blood transfusions, and medications to manage treatment side effects.

Living with AML



Nutrition

Eat balanced meals rich in protein, fruits, and vegetables. Avoid raw or undercooked foods during treatment to reduce infection risk.



Infection Precautions

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



Emotional Support

Talk to your healthcare team, counsellor, or patient support groups for guidance and encouragement.



Follow-Up Care

Routine blood tests and check-ups are vital to monitor recovery and detect relapse early.

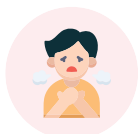
When to Seek Medical Help?



High fever or chills



Uncontrolled bleeding or bruising



Shortness of breath or chest pain



Persistent vomiting or diarrhoea



Severe 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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