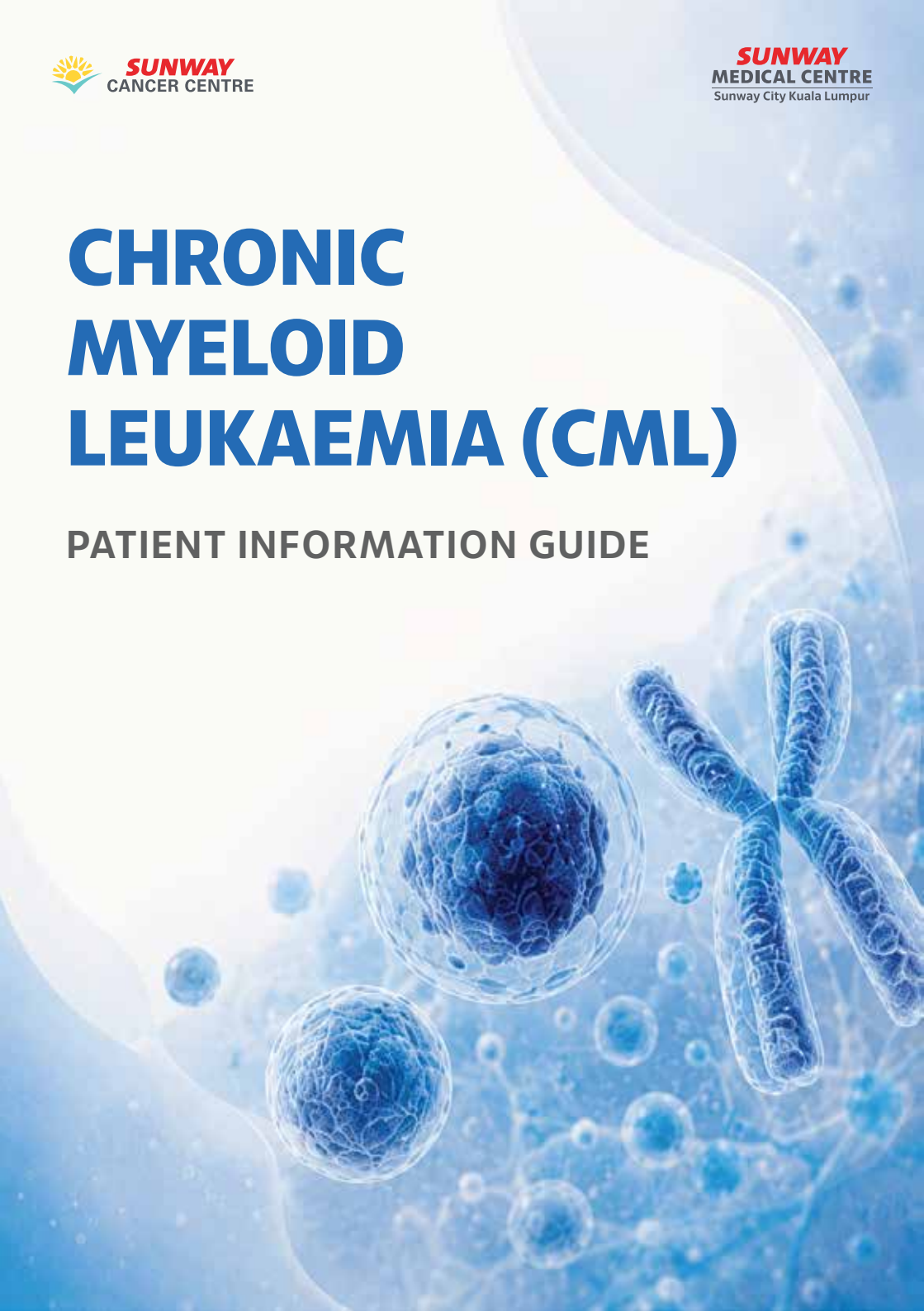


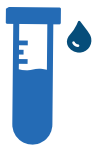
# CHRONIC MYELOID LEUKAEMIA (CML)

## PATIENT INFORMATION GUIDE



# What is Chronic Myeloid Leukaemia (CML)?

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Chronic Myeloid Leukaemia (CML) is a type of cancer that starts in the bone marrow, where blood cells are produced. It occurs when **the body produces too many white blood cells due to a genetic change** known as the ***Philadelphia chromosome***.

CML usually develops slowly and may not cause symptoms for months or even years. It is most commonly diagnosed in adults.

## Signs and Symptoms

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CML often develops gradually, and some people are diagnosed during a routine blood test. Common symptoms include:



**Fatigue or weakness**



**Night sweats**



**unexplained weight loss**



**Fever or frequent infections**



**Feeling of fullness or discomfort in the upper left abdomen (due to an enlarged spleen)**



**Bone or joint pain**

If these symptoms persist, please consult your doctor for further evaluation.

## How is CML Diagnosed?

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Diagnosis involves a series of tests to confirm CML and identify its stage:

**1 Full Blood Count (FBC)**

Detects an increased white blood cell count.

**2 Peripheral Blood Film**

Identifies immature white blood cells.

**3 Bone Marrow Aspiration and Biopsy**

Confirms leukaemic changes in the bone marrow.

**4 Cytogenetic and Molecular Testing**

Detects the Philadelphia chromosome and BCR-ABL gene mutation, which are key markers of CML.

**5 Quantitative PCR (qPCR)**

Measures BCR-ABL levels to monitor treatment response.

## Treatment Options

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CML is treated with targeted oral medications known as Tyrosine Kinase Inhibitors (TKIs), which block the abnormal protein produced by the Philadelphia chromosome.



### Targeted Therapy (TKIs)

Medications such as imatinib, dasatinib, nilotinib, asciminib, or bosutinib are effective in controlling the disease for most patients.



### Stem Cell Transplant

May be considered for patients who do not respond to TKIs or who have advanced-stage disease.



### Supportive Care

Includes blood transfusions and antibiotics to manage side effects or complications.

Patients with good treatment response may be eligible for treatment-free remission period. Most people with CML live normal lives with ongoing treatment and monitoring.

## Living with CML

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### Medication Adherence

Take your medicine exactly as prescribed to control the disease effectively.



### Regular Monitoring

Routine blood and molecular tests are essential to track response and detect resistance early.



### Healthy Lifestyle

Eat a balanced diet, stay active, avoid smoking, and limit alcohol.



### Side Effect Management

Inform your doctor if you experience fatigue, nausea, swelling, or muscle cramps.



### Emotional Well-Being

Join patient support groups to connect with others living with CML.

## When to Seek Medical Help?

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



**Unexplained fever or persistent infection**



**Unusual bleeding or bruising**



**Shortness of breath or chest pain**



**Severe abdominal pain or swelling**



**Sudden increase in fatigue**

*\*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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