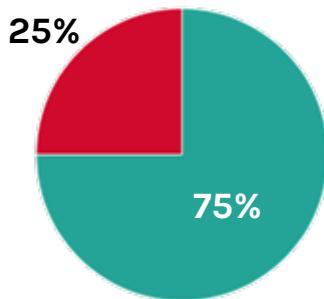


**Acute lymphoblastic leukaemia (ALL)** is an acute leukaemia. It is caused by **lymphocytes** multiplying in an uncontrollable manner in the bone marrow. Lymphocytes are **white blood cells** that help the body **fight infections** as part of the immune system.



Most cases (**75%**) are **B-cell ALL**. This means that it is the B type of lymphocytes that are involved.

The other **25%** of cases of ALL in adults affect the **T lymphocytes (T-cell ALL)**.

The exact cause of ALL is **unknown**. However, it is important to know that this is not because of anything you have done.

The increase in lymphocytes in ALL results in its symptoms. You may have experienced one, several or all of these symptoms before you were diagnosed. The most common **symptoms** and signs of ALL are:



Infections



Fever



Fatigue



Easy bruising



Weight loss



Enlarged lymph nodes, spleen or liver



Joint/bone pain

### What is the treatment for ALL?



Your haematology team will start your ALL treatment **straight after** your diagnosis. This is because ALL has a **fast progression**.

The main treatment for T-cell ALL is high intensity combination **chemotherapy**. This results in good overall survival.

Haematologists divide the treatment of ALL into three phases:

**Induction treatment:** This is the first treatment after diagnosis. Its goal is to kill as many of your leukaemia cells as possible.

**Consolidation treatment:** The aim of this phase is to help reinforce your remission or to stay in remission. This reduces any risk of a relapse.

**Maintenance treatment:** After your consolidation treatment, maintenance tries to prevent a relapse. Maintenance treatment will last for two to three years.

## Supportive care



**Supportive care is available at any time.** It is a term that means any medication or medical care that is not given to treat your leukaemia. The aim is to **improve your quality of life.**

As well as your ALL treatment, you are likely to need **treatment for side effects** (e.g. to treat nausea). You might be offered medication or different treatment strategies like counselling or physiotherapy. It depends on your situation.

Concerns you might experience include:

- **Infection risk**
- **Fatigue**
- **Symptoms coming from not making other blood cells**
- **Mental health issues**
- **Challenges with work, money or dealing with issues at home**

You can also get supportive care for symptoms when you are **not actively receiving treatment**. This applies even if you have not been treated for months or years. Your haematology team will work out if it is related to your ALL.

Make sure you talk to your **healthcare professionals** regularly. They will be able to help you if you need any treatment for physical symptoms or treatment side effects.

For more information about ALL, you can download or order our dedicated booklets via our online shop. Scan the QR code to take you there:



### Want to talk?

Call our freephone helpline on **08088 010 444**  
(free from landlines and all major mobile networks)

Message us on Whatsapp at **07500068065**

**[www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)**

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