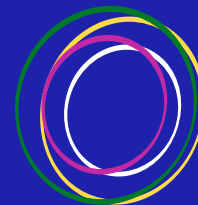


Acute lymphoblastic leukaemia (ALL)



About ALL in adults

Acute lymphoblastic leukaemia (ALL) is a fast-growing type of blood cancer. It affects immature white blood cells called lymphoblasts.

There are two main types of ALL: B-cell ALL and T-cell ALL. Treatment is similar for both of them.

ALL can affect people of any age. It is most common in people 25 and under, but it can affect older adults too. It is slightly more common in men than in women.

We do not know the exact cause of ALL. It is not because of anything you did or did not do.

The signs and symptoms of ALL include:



Infections



Bruising or bleeding



A rash of tiny dots



Anaemia



Fatigue



Bone pain



Weight loss



Night sweats



Fever

You'll have blood tests and bone marrow tests to diagnose ALL. A doctor will also collect a sample of fluid from your lower back. This is called a lumbar puncture. Depending on your symptoms, you might also have other tests and scans.

Treatments for ALL may affect your fertility. If you might want children in the future, tell your doctor or nurse. They can talk to you about your options.



Treatment for ALL in adults

Treatment for ALL starts straight away. Your team will tell you what they recommend for you and what you can expect. Your treatment may include:

- Steroids, which have anti-cancer effects. You usually have these by mouth.
- Chemotherapy medicines. You may have these through a drip or by mouth.
- Medicines to prevent or treat ALL in your central nervous system. You may have chemotherapy or steroids. You have these as an injection in your lower back.
- Targeted medicines or antibody therapy, depending on your exact type of ALL.

Treatment happens in phases with different treatment at different times. They are:



Pre-induction. This lasts up to 7 days. You usually stay in hospital to have it.



Induction. You stay in hospital for several weeks to have your first cycle. Then you have another cycle, usually as an outpatient. This takes several more weeks.



Intensification and consolidation. You usually have most of this treatment as an outpatient. You may need to stay in hospital for some treatment or to manage side effects. This phase lasts several months.



Maintenance. You have most of your treatment at home. You may have some treatment as an outpatient every month or every few months. This phase lasts around 2 years.

Some people with ALL might have a stem cell transplant. In this case, you do not usually have consolidation or maintenance treatment. Your team will explain if this is suitable for you.

Need support or information?

- Scan the QR code or visit leukaemiacare.org.uk
- Call our freephone helpline on 08088 010 444
- Send a WhatsApp to 07500 068065
- Email support@leukaemiacare.org.uk



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