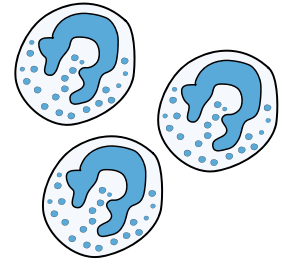


What is AML?

Acute myeloid leukaemia (AML) is a fast-growing blood cancer. It develops when blood-forming cells called myeloid stem cells divide and mature uncontrollably. They build up in your bone marrow and stop it making enough healthy blood cells.

Around 2,710 people in the UK are diagnosed with AML each year. AML can affect people of any age, but it is more common in people over 65.



White blood cells

We do not know the exact cause of AML, but it is not because of anything you have or have not done.

The signs and symptoms of AML might include:



Fatigue



Infections



Shortness of breath



Bruising and bleeding



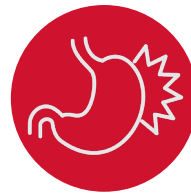
Fever



Bone pain



Anaemia



Tummy pain or fullness

AML is usually diagnosed based on blood tests and bone marrow tests.

How is AML treated?

Your haematology team will recommend either intensive or non-intensive treatment, depending on your individual needs.

Intensive treatment happens in phases:

- **Induction phase**
 - Aims to kill as many leukaemia cells as possible.
 - Usually involves chemotherapy, sometimes with a targeted medicine.
 - You usually stay in hospital for a few weeks to have it.



- **Consolidation phase**

- Aims to kill any leukaemia cells that may be left.
- Often involves cycles of chemotherapy, sometimes with a targeted medicine.
- You usually have it in hospital and go home between cycles.
- Some people might have a stem cell transplant.



- **Maintenance phase (for people with a higher chance of relapse)**

- Aims to reduce the risk of your AML coming back.
- Usually involves tablets or capsules to take at home.



Non-intensive treatment is gentler. It aims to control your AML as much as possible rather than cure it. It usually involves low-dose chemotherapy or targeted therapy to take at home.

It can be hard dealing with treatment and its side effects. Don't be afraid to ask for help from family, friends, your medical team or Leukaemia Care.

The outcome of AML depends on your individual situation. Your medical team are best placed to discuss what they expect for you.

For [more information about AML](#), follow the link, search 'acute myeloid leukaemia' at www.leukaemiacare.org.uk or scan the QR code. This also includes information on ordering free booklets via our online shop.



We're here for you if you need support. Scan the QR code, click the link or search 'support for you' at leukaemiacare.org.uk to find out what we offer.



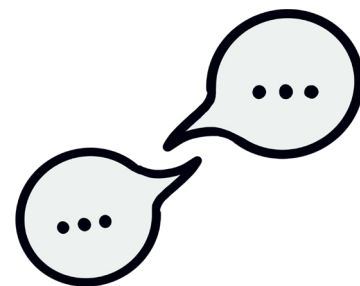
Want to talk?

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

Message us on WhatsApp at **07500 068065**

www.leukaemiacare.org.uk

support@leukaemiacare.org.uk



If you have any feedback, or you'd like a list of the references we used to create this factsheet, please email information@leukaemiacare.org.uk, complete our [short survey](#) or call **01905 755977**.