

Chronic Myelogenous Leukemia



Version 1.2016

Treatment Planning

This NCCN QUICK GUIDE™ sheet summarizes key points from the complete *NCCN Guidelines for Patients®: Chronic Myelogenous Leukemia*. These guidelines explain which tests and treatments are recommended by experts in cancer. To view and download the guidelines, visit NCCN.org/patients or, to order printed copies, visit Amazon.com.

NCCN Guidelines for Patients®
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What is chronic myelogenous leukemia?

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■ Leukemias are cancers that start in blood-forming cells in the bone marrow. There is more than one type of leukemia.	8
■ CML (chronic myelogenous leukemia) is a slow-growing leukemia that causes too many white blood cells to be made.	8

How does CML start?

■ Changes in genes cause normal cells to become cancer cells.	8
■ CML is caused by the abnormal <i>BCR-ABL</i> gene.	9
■ The <i>BCR-ABL</i> gene is found on the Philadelphia chromosome.	9

What tests may I need before treatment?

Tests to check your health:	■ Medical history and physical exam	14
	■ CBC (complete blood count) with differential	17
	■ Blood chemistry profile	18
Tests to help confirm CML and plan treatment:	■ Bone marrow tests	16
	■ Bone marrow cytogenetics	18
	■ FISH (fluorescence in situ hybridization)	18
	■ QPCR (quantitative reverse transcriptase polymerase chain reaction)	19
	■ <i>BCR-ABL</i> gene mutation analysis	19



How do doctors decide treatment planning?

CML phases	<ul style="list-style-type: none"> Doctors classify CML into three groups (phases)—chronic phase, accelerated phase, and blast phase. The phase is based on the number of immature white blood cells (blast cells) found in the blood and bone marrow. The CML phase is used to plan which treatments are best for you. 	22
Chronic phase	<ul style="list-style-type: none"> There is an increased number of white blood cells in the blood and/or bone marrow. This is the first phase of CML. Chronic phase CML progresses very slowly and often does not cause symptoms. Blasts make up less than 10% of cells in the blood and/or bone marrow. 	23
Accelerated phase	<ul style="list-style-type: none"> This is the second phase of CML. The CML cells grow faster and may cause symptoms. Blasts make up 10% to 19% of cells in the blood and/or bone marrow. The number of white blood cells is also high. 	23
Blast phase	<ul style="list-style-type: none"> This is the third and final phase of CML. Blast phase CML can be life-threatening and symptoms may be severe. Blasts make up more than 20% of cells in the blood and/or bone marrow. The blast cells may also spread to other tissues. 	24

What is treatment like?

<ul style="list-style-type: none"> It depends on which treatment you have. There is more than one treatment to choose from. 	28
<ul style="list-style-type: none"> All treatments can cause side effects. But, how your body will react can't be fully known. 	30
<ul style="list-style-type: none"> It is very important that you take your medicine exactly as your doctor tells you to. Side effects and other factors may make it hard to take your medicine the way you should. 	32
<ul style="list-style-type: none"> Share your thoughts, goals, and concerns about treatment with your doctors. This can help you get the best treatment plan for you. 	68

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