

Living with Chronic Myeloid Leukaemia (CML) - A Quick Guide



Contents

This is a brief summary of the information on 'Living with chronic myeloid leukaemia (CML)' from CancerHelp UK. You will find more detailed information on the website.

In this information there are sections on

- Coping with CML
- What to ask your doctor
- Organisations for CML

Coping with chronic myeloid leukaemia (CML)

It can be very difficult coping with a diagnosis of CML, both practically and emotionally. You are likely to be feeling very confused and upset at first. You should have access to specialist cancer doctors and nurses, who can answer your questions about the leukaemia and its treatment. It is important that you have enough information to make decisions about your treatment.

Understanding more about CML and its treatment will also help you cope. CML is a slowly developing condition and people can feel well for a long time. It can be cured in some people and well controlled for years in others.

Help with other issues

Getting the support you need will help you cope. This may be emotional support or more practical help, such as dealing with money matters. The 'coping with cancer' section of CancerHelp UK contains a lot of information you may find helpful. There is information about

- Your feelings
- Talking to people: who and what to tell
- Talking to children
- How you can help yourself
- Who else can help you
- Financial support including Government benefits and charity grants

What to ask your doctor on living with chronic myeloid leukaemia (CML)

- How will my treatment affect me?
- Will I ever get back to normal?
- Will I have treatment side effects that affect my daily life?
- Will I be able to go back to work?
- Is there anything I should or shouldn't eat?
- Where can I get help with claiming benefits and grants?
- What practical help is available?
- Why did this happen to me?



- Are my children at risk of getting cancer?
- Where can I get help dealing with my feelings?
- Can you refer me for counselling?
- Do I have to pay for counselling?
- Could you refer me to a Macmillan nurse?

Organisations for chronic myeloid leukaemia (CML)

Cancer Research UK
 Main website: www.cancerresearchuk.org
 Patient information website:
<http://cancerhelp.cancerresearchuk.org>
 Cancer Information Nurses phone: 0808 800 4040

Leukaemia and Lymphoma Research
 Tel: 020 7405 0101
 email: info@beatbloodcancers.org
 Website: www.beatbloodcancers.org

Leukaemia CARE
 Tel: 01905 755977
 email: info@leukaemiacare.org.uk
 Website: www.leukaemiacare.org.uk

More information

For more information about chronic myeloid leukaemia (CML), visit our website

<http://cancerhelp.cancerresearchuk.org>

You will find a wide range of detailed, up to date information for people affected by cancer, including a clinical trials database that you can search for trials in the UK. You can view or print the information in a larger size if you need to.

For answers to your questions about cancer call our Cancer Information Nurses on **0808 800 4040**
 9am till 5pm Monday to Friday

Adapted from Cancer Research UK's Patient Information Website CancerHelp UK in September 2011. CancerHelp UK is not designed to provide medical advice or professional services and is intended to be for educational use only. The information provided through CancerHelp UK and our nurse team is not a substitute for professional care and should not be used for diagnosing or treating a health problem or disease. If you have, or suspect you may have, a health problem you should consult your doctor. © Cancer Research UK 2011. Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666).