

# THE PRO-ACTIVE AML PATIENT TOOLKIT

## Program Resource Guide



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### TIPS FOR PATIENTS FACING A NEW AML DIAGNOSIS

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- Take a deep breath.
- Make sure your diagnosis is confirmed.
- Know who is on your healthcare team. Understand who will be in charge of your treatment plan.
- Consider a second opinion, but act quickly so as not to delay treatment.
- Gain a clear understanding of your treatment options followed by a swift and informed decision.
- Obtain contact information for nurse or support person (person to call with questions or concerns).

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### IMPORTANT QUESTIONS TO ASK DURING TREATMENT DISCUSSION

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- What if my treatment does not work?
- What are potential complications of treatment?
- What are alternative treatment options?

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### IMPACT ON QUALITY OF LIFE: TALK TO YOUR HEALTHCARE TEAM

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- How will treatment impact quality of life?
- What is the financial burden?
- How do I find emotional support?
- What life changes can I expect during the treatment phase?

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### STEPS FOR LEARNING ABOUT AML

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- Pick up informational booklets at the physician's office.
- Ask your medical team for information and online resources.
- Learn from other patients.
- Visit reputable websites.

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### GLOSSARY OF TERMS

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**Biomarker:** In reference to the measurement of your blood, body fluids, or tissue in order to assess one's health to determine proper care.

**Cytogenetics:** The testing of blood, bone marrow, or tissue in order to identify changes in chromosomes, which can aid in the diagnosis of diseases and some types of cancer. Cytogenetics can also be used to determine treatment plans and the effectiveness of disease therapy.

**Flow Cytometry:** Analysis of blood and bone marrow cells in order to classify the cell types and determine disease risk as well as an appropriate treatment plan.

**Gene Mutation:** A permanent change in the DNA sequence that makes up a gene. Changes can occur due to mistakes when the DNA is copied or as the result of environmental factors.