

INSIST ON BETTER CARE: WHY AML TESTING MATTERS



Program Resource Guide

Questions to Ask After AML Diagnosis

- What is my diagnosis?
- What symptoms or complications might I expect?
- What risk category is my AML?
- What would happen if I choose not to treat my AML?

AML Risk Stratification

AML Risk Stratification: The process of classifying AML into prognostic categories – favorable, intermediate, or adverse—based on genetic, molecular, and cytogenetic markers in the leukemia cells. These categories help predict how the disease may behave and guide the best treatment approach.

AML Testing

Complete Blood Count (CBC): Blood test used to evaluate one's overall health and to detect a wide range of disorders. CBC measures several features of the blood, including red blood cells, white blood cells, hematocrit, hemoglobin, and platelets.

Bone Marrow Biopsy: Procedure that involves collecting a small sample of bone marrow, usually from the hip bone, in order to be examined by a laboratory. This procedure is used to confirm an MPN diagnosis and may be used to monitor the disease over time.

Molecular Testing (Genetic Testing or Molecular Profiling): Laboratory testing that identifies certain genes, proteins, or other molecules in a sample of tissue, blood, or other body fluid. In cancer, it may also be used to evaluate treatment or to make a prognosis.

- **Cytogenetic Analysis (Karyotyping):** Testing of blood, bone marrow, or tissue in order to identify changes in chromosomes.
- **Flow Cytometry:** Analysis of blood and bone marrow cells to classify the cell types.
- **Fluorescence in situ hybridization (FISH):** A chromosome test used to identify specific genes or chromosome changes.
- **Next-generation sequencing (NGS):** Technology to sequence DNA or RNA to identify genetic variations associated with diseases or other biological phenomena.

Phases of AML Therapy

Consolidation Therapy: Treatment that is given after cancer has disappeared following the initial therapy. Consolidation therapy is used to kill any cancer cells that may be left in the body.

Induction Therapy: First phase of treatment that is meant to induce remission. In AML, the goal of induction therapy is to kill as much of the disease as possible and to return blood counts back to normal.

Maintenance therapy: Refers to treatment given to patients after initial therapy that is meant to maintain a remission or to prevent return of the disease.

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Glossary Terms

7 + 3 Regimen: Intensive chemotherapy that consists of getting 7 continuous days of a single treatment, along with short infusions of a second treatment during the first 3 days.

European LeukemiaNet (ELN) 22 Risk Classification: An updated set of guidelines from leukemia experts that helps doctors group AML into risk categories—favorable, intermediate, or adverse—based on genetic test results.

FLT3 Mutation: FLT3 stands for Fms-like tyrosine kinase. This gene mutation occurs in approximately 30 percent of AML patients.

MRD (minimal residual disease): Measurement of the levels of residual leukemia found in the bone marrow of patients in remission after a clinical response to treatment. MRD is important to determine risk stratification and treatment planning.

NPM1 (Nucleophosmin-1) Mutation: The most common molecular mutation identified in adult AML.

Relapse: The return of a disease or the signs and symptoms of a disease after a period of improvement.

Remission: A decrease in or disappearance of signs and symptoms of cancer.

Stem Cell Transplant (Bone Marrow Transplant): Procedure in which healthy blood stem cells are used to replace damaged or diseased bone marrow. This procedure can be used to treat certain types of blood cancers.

Targeted Therapy: A type of personalized medicine that works by blocking specific mutations and by preventing cancer cells from growing and dividing, without affecting normal cells.

AML Resources

[Insist!](#) Acute Myeloid Leukemia

[Elevate](#) Acute Myeloid Leukemia

[PEN Powered Activity Guides:](#) Financial Resources, Health Literacy, and Survivorship.



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