

EXPERT [ACT]IVATION TIPS

[ACT]IVATION TIP: "Be aware of where any specialized care facilities are near you. Find the nearest large facility that has clinical trials and just to reach out to them and ask, 'Do you have telehealth consultations? What would it mean for me to come to you for a consult?' At the same time, talk to the physician who's treating you and say, 'Is it safe for me to wait to talk to them, or do I need to start therapy now and talk to them after I've received my initial therapy to have that discussion?'" - Dr. Andrew Hantel

[ACT]IVATION TIP: "Don't be afraid to ask your care teams about traveling to receive care in a specialized facility or participating in a clinical trial. At the same time, ask about the logistics of your care: the burdens of getting back and forth from clinic as well as having to be in the hospital - both for you as a patient as well as for your family." - Dr. Andrew Hantel

[ACT]IVATION TIP: "Ask about where the nearest sites of care are that have clinical trials, and then reach out to those sites to ask, 'Can I have a consultation? Am I somebody who might be eligible for any of the clinical trials that you have?'" - Dr. Andrew Hantel

[ACT]IVATION TIP: "When you're asking about clinical trials, ask not only what the trial is about, which is very important in deciding if whether or not it's appropriate for you, but ask everything about the logistics and ask what it would mean for you as a patient. There are some trials that are doing wonderfully about this and really trying to make sure that people are able to continue to live their lives while enrolling and participating in clinical trials. I think by looking at it as, who am I as a person, and does this fit with me and sit with also how I want to give back to other people who have leukemia."
- Dr. Andrew Hantel

[ACT]IVATION TIP: "Ask your doctor about what the different things that they're looking for in the bone marrow biopsy are and what they mean to you. It's understanding a little bit more about what their thinking is and how they're trying to help you by doing the bone marrow biopsy. It's not a test anybody likes to do or have done on them. But we do it for a good reason, and it's to make sure that we can better control or better cure leukemia." - Dr. Andrew Hantel

[ACT]IVATION TIP: "Ask your physician, 'How are people like me being engaged in research, and is there anything that I can do to help the groups that I identify with be more engaged in research, so we can really move the field forward and make sure that cures are happening for everybody?'" - Dr. Andrew Hantel

[ACT]IVATION TIP: When talking about risks and benefits of a treatment with your doctor, ask them to talk to you about what this mean in terms of getting towards a milestone. We'll be able to talk about how healthy you are, side effects you might have, if you need to be in the hospital, all those different kind of things. But the kinds of risks and benefits of decisions depend on who you are as a person and the medical facts, and giving doctors information about your value and preferences will help them recommend options that are appropriate for you." - Dr. Andrew Hantel

WHY AML PATIENTS NEED BONE MARROW BIOPSIES

- **Bone Marrow Biopsies:**
 - Provide critical insights into diagnosis and monitoring of AML.
 - Help determine type of leukemia diagnosis.
 - Look at effectiveness of ongoing treatments.
 - Realize genetic mutations of leukemia cells.
 - Allow patients and providers to make informed decisions about course of treatment and any adjustments that may be needed to guide therapeutic decisions.
- **When Looking at Biopsy Results, Discuss With Your Provider:**
 - What your goals are
 - What is important to you (outpatient treatment vs hospital stay for treatment, getting treatment close to home, participating in a clinical trial, etc.)
 - What other healthcare conditions you may have and how that impacts your AML

AML RESOURCES

- [ACCC](#)
- [American Cancer Society](#)
- [ASCO Cancer.net](#)
- [Be the Match](#)
- [Cancer Support Community](#)
- [CancerCare](#)
- [Family Reach](#)
- [Know-AML.com](#)
- [The Leukemia & Lymphoma Society \(LLS\)](#)
- [Leukemia Research Foundation](#)
- [National Comprehensive Cancer Network](#)
- [National Cancer Institute](#)
- [Smart Patients](#)
- [Triage Cancer](#)

AML CARE CHECKLIST

- 1. **Understand your AML.** Know the genetic drivers of your disease and what treatments can target those drivers. [Sources: 1, 2]
- 2. **Schedule a meeting with your doctor.** Discuss diagnosis, bone marrow biopsy results, and treatment options.
- 3. **Establish your care team.** Find treatment centers experienced with treating AML with an individualized approach.
- 4. **Research treatment costs.** Understand insurance coverage along with if CAR T-cell therapy would be covered. Explore financial assistance options and support services.
- 5. **Explore clinical trials.** Discuss your suitability with your doctor. Weigh benefits and risks along with your treatment goals.
- 6. **Seek emotional support.** Talk openly with loved ones, consider talk therapy, and connect with relevant support/advocacy groups.
- 7. **Maintain a healthy lifestyle.** Discuss a plan with your care team that includes diet, exercise, and stress management.
- 8. **Stay informed.** Communicate regularly with your healthcare team, ask questions, and remain updated on advancements.