

## A GUIDE TO TALKING WITH YOUR DOCTOR ABOUT **YOUR CML**

If you're not reaching your treatment goals for chronic myeloid leukemia (CML) or side effects are becoming unmanageable, don't keep it to yourself. Use this guide to have a productive conversation with your doctor. Ph+ CML is often referred to broadly as CML.

### 1 Which medications have you taken for CML? (List all that apply.)

---

### 2 Which of the following common side effects of CML medications have you recently experienced? (Check all that apply.)

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Fever                        | <input type="checkbox"/> Difficulty breathing/shortness of breath | <input type="checkbox"/> Increased blood pressure |
| <input type="checkbox"/> Diarrhea                     | <input type="checkbox"/> Fluid retention/swelling/weight gain     | <input type="checkbox"/> Rash/itching             |
| <input type="checkbox"/> Nausea/vomiting              | <input type="checkbox"/> Fatigue that disrupts daily activities   | <input type="checkbox"/> Headache                 |
| <input type="checkbox"/> Bone, muscle, and joint pain | <input type="checkbox"/> Unusual bleeding/bruising                | <input type="checkbox"/> Brain fog/confusion      |

These are not all the possible side effects of CML medications. Talk with your doctor about any side effects you may experience.

### 3 How often do you experience side effects, if any?

---

### 4 What impact have side effects had on your daily life? (Check all that apply.)

- Interfered with my work       Interfered with my social activities       I've needed help with routine chores

Provide your doctor with specific examples:

---

---

---

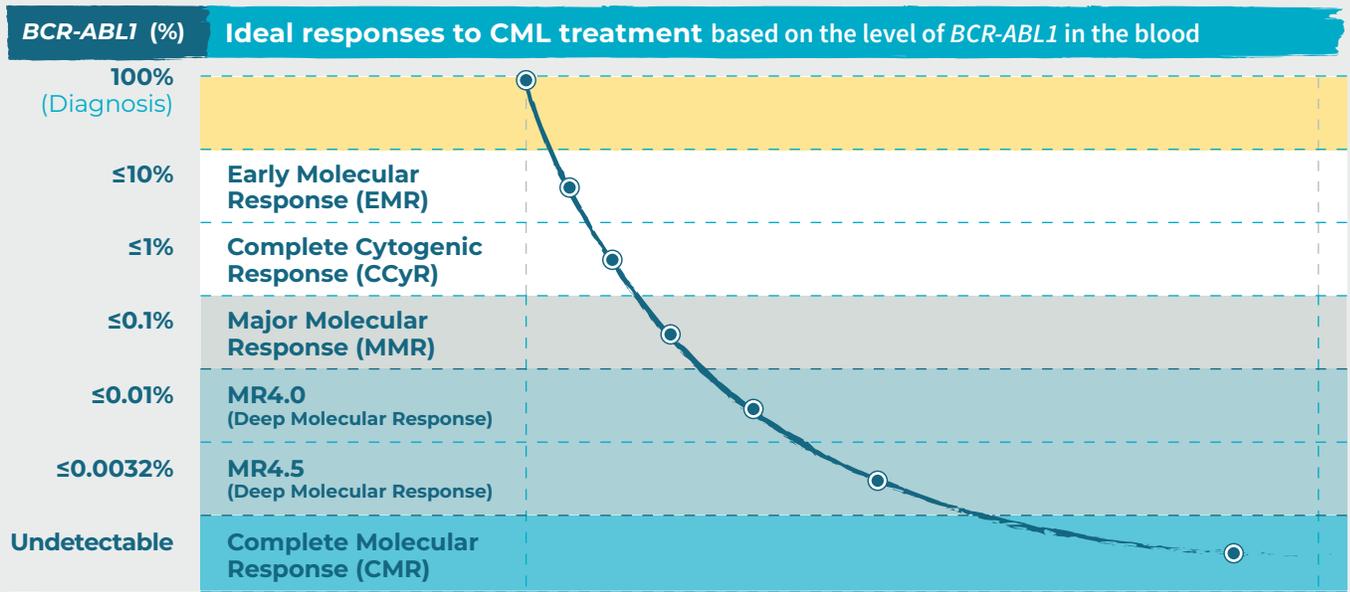
## 5 What CML treatment goals have you discussed with your doctor?

---



---

## 6 Discuss with your doctor where your *BCR-ABL1* results stand on the chart below.



This chart shows an example of how your blood counts may decrease with medication. If your *BCR-ABL1* level increases, or you do not achieve your CML treatment goals, you may want to ask your doctor about other treatment options.

Treatment goals vary. Not every patient will reach these CML milestones.

### Tracking *BCR-ABL1* levels

The qPCR (IS) test measures your *BCR-ABL1* level and is the standard for monitoring response to CML medications. It is typically done every 3 months for 2 years, then every 3 to 6 months thereafter. Ask your doctor how often you should get tested.

VISIT [WWW.WHATABOUTMYCML.COM](http://WWW.WHATABOUTMYCML.COM) TO LEARN MORE.