

**Leukemia is a type of blood cancer in which the bone marrow makes too many abnormal white blood cells. There are four major types of leukemia:**

**Acute Lymphoblastic Leukemia (ALL) and Acute Myeloid Leukemia (AML)**

**Chronic Lymphocytic Leukemia (CLL) and Chronic Myeloid Leukemia (CML)**

**Each type has specific treatments. Please ask the doctor about the type you have.**

## Diagnosing Leukemia

Blood and bone marrow tests are done to look for leukemia cells. The doctor uses information from these tests to decide the type of treatment needed and how long it will last. Patients with leukemia are treated by specialized doctors called hematologist-oncologists that understand cancer and the blood. Some hematologist-oncologists specialize in specific types of leukemia. You should consider getting a second opinion from another hematologist-oncologist to be sure you are getting the correct treatment.

## Leukemia Treatment

With new treatment options, leukemia patients now have a longer life expectancy than ever. Leukemia treatment may include:

- **Chemotherapy.** Powerful drugs used alone or in various combinations to kill abnormal cells and/or slow their growth, giving normal cells a chance to grow. Some drugs are injected, some are given through a vein (IV) and some are taken by mouth.
- **Targeted Therapies.** Drugs that target specific substances on the cancer cell.
- **Radiation therapy.** Radiation applied to the lining of the central nervous system. For certain types of leukemia, it may be used together with other treatments.
- **Stem Cell Transplant.** A treatment that replaces cancer cells with healthy cells. Healthy stem cells are collected from a matched donor, or from the patient before treatment starts, and are infused back into the patient after they receive chemotherapy.
- **Clinical Trials.** Careful studies done by doctors to test new drugs or treatments, or test new uses for approved drugs or treatments.

## Side Effects Management

A side effect is an unplanned result of treatment, usually something unpleasant or not desirable. Treatment responses vary among patients. Some side effects are mild. Other side effects may be serious and last a long time. Most side effects go away when treatment ends. Talk to your doctor about side effects because they can often be treated.

For additional support and resources,  
contact an Information Specialist at  
The Leukemia & Lymphoma Society:

**800.955.4572**

**Interpreting services are available upon request.**

The request should be communicated to the Information Specialist in English, who can then arrange to have a phone interpreter available during the call.

白血病是一种血癌，表现为骨髓中的异常白细胞生成过多。白血病主要有四种类型：

**急性淋巴细胞白血病 (ALL) 和急性髓细胞白血病 (AML)**

**慢性淋巴细胞白血病 (CLL) 和慢性髓细胞白血病 (CML)**

每种类型都有特定的治疗方法。请咨询医生您患的是哪种类型的白血病。

## 诊断白血病

进行血液和骨髓检测来寻找白血病细胞。医生使用这些检测信息来决定所需的治疗类型以及治疗的持续时间。白血病患者由血液肿瘤医生治疗，这些专科医生了解癌症和血液。一些血液肿瘤医生专门治疗特定类型的白血病。您应该考虑获得另一名血液肿瘤医生的意见，以确保您得到正确的治疗。

## 白血病治疗

随着新的治疗方案的出现，目前白血病患者的预期寿命比以往任何时候都要长。白血病治疗可能包括：

- **化疗。**单独使用或以不同组合方式联合使用强效药物，以杀死异常细胞及/或减缓其生长，并让正常细胞有机会生长。一些药物通过注射给药，另外一些药物通过静脉给药 (IV)，还有一些药物为口服给药。
- **靶向治疗。**将癌细胞上特定物质作为靶点的药物。
- **放疗。**将辐射应用于脑膜。对于某些类型的白血病，放疗可能与其他治疗方法一起使用。
- **干细胞移植。**干细胞移植是用健康细胞替代癌细胞的疗法。在开始干细胞移植治疗之前，从匹配的供者或患者本人采集健康的干细胞，然后在患者接受化疗后再回输给患者。
- **临床试验。**由医生仔细进行的研究，用以测试新药物或治疗方法，或测试已获准药物或治疗方法的新用途。

## 副作用管理

副作用是非预期治疗结果，通常是令人不快的或不良的反应。治疗反应因人而异。一些副作用是轻度的。其他副作用可能很严重并持续很长时间。停止治疗后，大多数副作用会消失。请与医生讨论副作用，因为通常副作用可以治疗。

如需更多支持和资源，请联系白血病和淋巴瘤协会 (The Leukemia & Lymphoma Society, LLS) 信息专员：  
**(800) 955-4572.**

可应要求提供口译服务。

您应使用英文将要求告诉信息专员，然后信息专员可以在通话期间安排口译员。