

Following acute myeloid leukaemia (AML), doctors will develop a follow-up treatment plan. This will help with an adjustment to life after AML and manage any long-term effects of the disease and treatment, both physical and psychological.

### LIFE AFTER AML TREATMENT

AML is a major event in a person's life that other people may not fully understand. After treatment, friends and family may expect you to be 'back to normal', but it can take time to feel 'normal' again. This is often part of AML recovery and if you feel this way, you are not alone.

Talking to doctors, nurses, friends and family about **physical symptoms and psycho-emotional coping** will help them understand how AML is affecting your **everyday life** and how they can best support you. They will also be able to provide information on **where and how to seek additional support**.

## HOW CAN I IMPROVE MY GENERAL WELLBEING IN REMISSION?

There are some small changes that you can implement in your everyday life to help manage the effects of AML treatment.<sup>1,2</sup>

<p>HEALTHY DIET</p>	<p>AVOID SMOKING AND TOBACCO</p>	<p>GENTLE EXERCISE</p>	<p>ATTEND ALL MEDICAL FOLLOW UPS</p>	<p>PACE YOURSELF OR "GO SLOW" TO COMBAT FATIGUE</p>
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## MONITORING FOR AML SYMPTOMS:

Regular blood and bone marrow tests will be run after treatment to count the number of healthy cells compared with abnormal white blood cells.<sup>2,3</sup> If the body starts producing high numbers of abnormal white blood cells again, this is known as a 'relapse'.<sup>4</sup> Your doctors will tell you what symptoms to look out for that may indicate that AML has returned, including the following:<sup>5</sup>

<p>SWOLLEN GLANDS</p>	<p>HEADACHES</p>	<p>FEVER AND SWEATS</p>	<p>BLURRED VISION</p>	<p>UNEXPLAINED OR EASY BRUISING</p>
<p>BONES ACHING MORE THAN USUAL</p>	<p>FEELING UNUSUALLY TIRED</p>	<p>INFECTIONS</p>	<p>BREATHLESSNESS</p>	<p>LUMPS &amp; BUMPS ON NECK, ARMPIT &amp; GROIN</p>

Doctors will advise how often tests will be needed, based on a person's specific and individual risk of AML returning.<sup>6</sup> Over time, as the risk reduces, doctors might suggest less frequent follow ups.

## TREATMENT SIDE EFFECTS:

Different treatments are associated with different side effects. These are usually temporary and lessen over time however, some people may develop 'late' effects, which develop several months or even years after treatment.<sup>1</sup> For this reason, your doctor will want to monitor and test for any side effects over a number of years.

### LONG-TERM AND LATE EFFECTS of treatment include, but are not limited to:<sup>6</sup>

- Feeling tired constantly
- Heart disease
- Infertility
- Thyroid dysfunction
- Unable to think clearly
- Hearing impairment
- Learning and memory difficulties
- Inability to multitask
- Depression/Anxiety
- Vision problems
- Osteoporosis

Doctors will let you know what **late effects** to watch out for based on your specific treatment. They will monitor and test for any **side effects** over a number of years. Let your doctors or nurse know if you **notice any new or worsening symptoms** and they will be able to help you manage them.



If you experience any new side effects or changes in your condition, speak with your doctor. Any side effects should be reported to:

- Malaysia: at [pv.my@astellas.com](mailto:pv.my@astellas.com)
- Singapore: at [pv@sg.astellas.com](mailto:pv@sg.astellas.com) or to the Health Sciences Authority at Tel: 6866 1111 or online at <https://www.hsa.gov.sg/adverse-events>

FOR FURTHER SUPPORT, VISIT [LIVewithAML.COM](http://LIVewithAML.COM)

**This leaflet is for patients in Singapore and Malaysia only, and has been created and funded by Astellas. It is provided for informational purposes only and does not constitute individual medical advice. If you have any questions or concerns about your medical condition or AML, ask your doctor**

## REFERENCES

1. Leukemia & Lymphoma Society. Managing long-term and late effects. Available at <https://www.lls.org/managing-your-cancer/long-term-and-late-effects-cancer-survivors/managing-long-term-and-late>. Accessed on 6 August 2023. 2. Leukemia & Lymphoma Society. Follow-up care and survivorship. Available at <https://www.lls.org/treatment/follow-care-and-survivorship>. Accessed on 6 August 2023. 3. Leukemia & Lymphoma Society. Bone Marrow Tests. Available at <https://www.lls.org/treatment/lab-and-imaging-tests/bone-marrow-tests#:~:text=The%20tests%20help%20determine%20whether,be%20seen%20in%20blood%20samples>. Accessed on 6 August 2023. 4. Leukemia & Lymphoma Society. Understanding blood counts. Available at <https://www.lls.org/treatment/lab-and-imaging-tests/understanding-blood-counts>. Accessed on 6 August 2023. 5. Leukaemia Care. Relapse in AML. Available at <https://media.leukaemicare.org.uk/wp-content/uploads/Relapse-in-Acute-Myeloid-Leukaemia-AML-Web-Version.pdf>. Accessed on 6 August 2023. 6. Leukemia & Lymphoma Society. Long-term and late effects for cancer survivors. Available at <https://www.lls.org/managing-your-cancer/long-term-and-late-effects-cancer-survivors>. Accessed on 6 August 2023.

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Date of preparation : Aug 2025  
MAT-MY-NON-2025-00019  
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