

# Chronic Myeloid Leukemia (CML): Treatment Questions



Talking with healthcare providers about cancer can be overwhelming. It can be hard to take in all of the information. It helps to be prepared. Make a list of questions that you have and bring them to your appointments. Write the answers down in a notebook. Make sure you ask how the treatment will change your daily life, including your diet, and how you will look and feel after treatment. Ask how successful the treatment is expected to be, and what the risks and possible side effects are.

You may also want to ask a friend or family member to go with you. They can take notes and write down the answers. This person may also ask questions you may not think of. You can also ask your healthcare provider if you can record the conversation.

Below are some questions to ask during your appointments.

## Deciding on a treatment

- What is the phase of my CML? What does this mean?
- Do I need any other tests before we can decide on treatment?
- Do I need to see any other types of healthcare providers?
- What treatment do you think is best for me? Why?
- What is the goal of treatment?
- What is the success rate of this treatment for my phase of leukemia?
- How much experience do you have treating cancers like mine?
- Are there any clinical trials I should look into?
- Will my insurance cover treatment? How much will I have to pay?
- Should I get a second opinion?

## Getting ready for treatment

- How soon do I need to start treatment?
- What can I do to get ready for treatment?
- How long will the treatment take?
- Where do I have to go for treatment?
- How long will I need treatment?
- What will the treatment be like?
- How much of the treatment will need to be done in the hospital? If so, how long will I be there?
- Can I drive myself to treatment or take public transportation?
- Can I take my other medicines, vitamins, herbs, and/or supplements during treatment?
- Should I change my diet? Are there any foods I shouldn't eat?

- Will I need any tests during treatment? If so, how often?
- How will we know if treatment is working?
- Is there someone I can talk to about financial assistance or other concerns? What support services are available?

## Coping during treatment

- How will I feel during treatment?
- Will I be able to go to work and be around my family?
- Will treatment affect my sex life?
- What side effects can I expect?
- How long will the side effects last?
- Are there side effects that I need to call you about? What number do I call? How do I get in touch on holidays, weekends, and evenings?
- What can I do to ease the side effects?
- Who do I call if I have problems or questions?
- How often will I need to see you during treatment?
- Are there any long-term side effects I should watch for?
- Are there support groups that I can join in person or online?

## After treatment

- How will I feel after the treatment?
- What type of follow-up will I need after treatment?
- How will we know if treatment worked?
- What are my options if the treatment doesn't work or the cancer comes back?

## Making a decision

Once you have answers from your healthcare provider, it's time to think about your preferences. Think about what side effects you can and can't tolerate. Talk about all of your concerns with your healthcare provider before making a decision about treatment.

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