

Chronic Myeloid Leukemia (CML): Newly Diagnosed



Being told you have chronic myeloid leukemia (CML) can be scary, and you may have many questions. But you have people on your healthcare team to help.

Coping with fear

It's normal to feel afraid. Learning about your leukemia and about the treatment options you have can make you feel less afraid. It also helps you work with your healthcare team and make the best choices for your treatment. You can also ask to speak with a counselor.

Working with your healthcare team

Your healthcare team might include:

- **Hematologist/oncologist.** This healthcare provider specializes in treating cancer of the blood, including leukemia.
- **Bone marrow transplantation specialist.** This healthcare provider specializes in treating cancer with bone marrow and stem cell transplants.

You might have other types of healthcare providers, nurses, or healthcare professionals on your team as well. They will answer any questions you may have. They'll help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and the results of those tests. They'll guide you in making treatment decisions and help prepare you and your loved ones for what's ahead.

Learning about treatment options

To decide the best course of treatment for you, your healthcare team needs to know as much as they can about your leukemia. This may involve getting some tests and working with more than one healthcare provider.

You should have time to talk with your healthcare provider about your treatment choices, get a second opinion if you want, decide about treatment, and prepare yourself and your loved ones for what's ahead.

Getting support

Coping with cancer can be very stressful. Talk with your healthcare team about seeing a counselor. They can refer you to someone who can help. You can also join a support group in person or online to talk with other people coping with your type of leukemia. Ask your healthcare team about local or virtual support groups.

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