Acute myelomonocytic leukaemia (AMML)

Acute myelomonocytic leukaemia (AMML) is a rare, fast-growing blood cancer. Find out what AMML is, the signs and symptoms, and how it is diagnosed and treated.

Summary

- AMML is a rare, fast-growing blood cancer.
- We do not know the exact cause of AMML, but it not because of anything you have or have not done.
- AMML is usually diagnosed from blood tests and bone marrow tests.
- You might have intensive or non-intensive treatment for AMML. Your team will tell you what they recommend for you.
    - Intensive treatment aims to get AMML into remission.
    - Non-intensive treatment is gentler. It aims to control AMML as much as possible rather than cure it.
- It can be hard dealing with side effects and treatment. Ask your friends, family, medical team or Leukaemia Care if you need support.

Download our factsheet about AMML

About AMML

AMML is a fast-growing blood cancer. It is a rare type of acute myeloid leukaemia (AML).

AMML develops when immature white blood cells called myeloblasts and monocytes divide uncontrollably. They build up in your bone marrow and stop it making enough healthy blood cells.

We do not know the exact cause of AMML, but it is not because of anything you have or have not done.

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Signs and symptoms of AMML

The signs and symptoms of AMML include:

- Fatigue
- Fever
- Infections
- Feeling breathless
- Low red blood cell count (anaemia)
- Bruising or bleeding
- A swollen spleen or liver
- Swollen lymph nodes

AMML is usually diagnosed from blood tests and bone marrow tests.

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Treating AMML

Treatment options for AMML are similar to those used for other types of AML.

Your haematology team will recommend either **intensive** or **non-intensive** treatment, depending on your individual needs.

Your team will explain what treatment they recommend and what you can expect from treatment.

We have separate information on different treatments.

Intensive treatment

Intensive treatment happens in phases.

Induction phase

- Aims to kill as many leukaemia cells as possible.
- Usually involves chemotherapy, sometimes with a targeted medicine.
- You usually stay in hospital for a few weeks to have it.

Consolidation phase

- Aims to kill any leukaemia cells that may be left.

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- Often involves cycles of chemotherapy, sometimes with a targeted medicine. Some people might have a stem cell transplant.
- You usually have it in hospital and go home between cycles.

Maintenance phase

- Aims to reduce the risk of your AMML coming back.
- Usually involves tablets to take at home.

Non-intensive treatment

Non-intensive treatment is gentler. It aims to control your AMML as much as possible rather than cure it. It usually involves low-dose chemotherapy or targeted therapy to take at home.

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Outcomes of AMML

The outcome of AMML varies from person to person. Your medical team are best placed to discuss what they expect for you.

> **It can be hard dealing with treatment and its side effects. Don't be afraid to ask for help from family, friends, your medical team or Leukaemia Care.**

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Sources we used to develop this information

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Need support?

You are not alone. We're here for you whether you have a diagnosis yourself or know someone who has. If you'd like advice, support, or a listening ear, call our freephone helpline on 08088 010 444 or send a WhatsApp message to 07500 068 065.

Helpline and WhatsApp →

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We aim to provide information that's reliable, up-to-date, and covers what matters to you. Please complete our short survey to help us improve our information and make sure it meets your needs.

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