



Teens and young adults need check-ups for side effects, even years after leukemia treatment

Blood or marrow transplant cures leukemia but may have late side effects

About 1 out of 4 teens or young adults who had blood or marrow transplants (BMT) to cure leukemia had at least 1 late side effect several years later.

CIBMTR researchers studied more than 800 people who had BMT for acute myeloid leukemia (AML) during 2000-2014.

These people were between the ages of 15 and 39 when they got BMT. All had intense preparation for transplant, called myeloablative conditioning. In the 10 years after transplant, some people had late side effects:

- 10% had problems with their testes or ovaries, which sometimes may affect fertility
- 10% had cataracts, an eye problem that causes blurred vision
- 8% had avascular necrosis, a bone or joint problem
- 5% had diabetes
- 4% (4 in 100 people) had a new cancer, such as skin cancer
- 3% had low levels of thyroid hormones

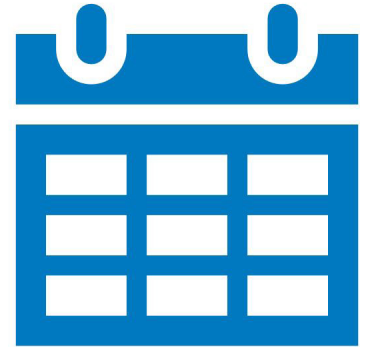
These problems can be treated. If caught early, some may cause fewer symptoms. It's important to see a doctor yearly, even long after transplant.

Keep in mind

This study only applied to teens and young adults who had intense, myeloablative conditioning. It does not apply to people who had reduced-intensity conditioning.

Ask your doctor

A separate study showed that [survivorship care plans help transplant survivors](#). Be The Match provides [free after-transplant guidelines](#) that you can discuss with your primary care doctor, who may not be familiar with late effects of BMT. The guidelines have questions to ask at your yearly checkups.



Learn more about

- [Preserving fertility](#), from BeTheMatch.org
- [Free one-on-one support](#) from BeTheMatch.org
- [More study summaries](#) at [cibmtr.org](#)

About this research summary

This information is provided on behalf of the Consumer Advocacy Committee of the CIBMTR[®] (Center for International Blood and Marrow Transplant Research[®]).

Source

Lee CJ, Kim S, Tecca HR, et al. [Late effects after ablative allogeneic stem cell transplantation for adolescent and young adult acute myeloid leukemia](#). Blood Advances. 2020 Mar 24; 4(6):983-992. doi:10.1182/bloodadvances.2019001126. Epub 2020 Mar 13. PMC7094022.

