

## Allo Transplant Helps Some Older Patients with AML

### Important Points:

- **Older patients (aged 65 years and older) with AML can get high dose chemo if they are healthy enough.**
- **About half of the older patients who get high dose chemo go into remission. However, the disease usually comes back within a year.**
- **About 40% of older patients in remission who get an allo transplant live at least 2 years.**
- **It is important for patients to talk with their doctor about an allo transplant as soon as they find out they have AML.**

Acute myeloid leukemia (AML) is a cancer of the blood and bone marrow. AML occurs in older people (aged 65 years and older) more often than younger people. High dose chemotherapy (chemo) can cure many patients, but it often has serious side effects.

Some doctors are concerned that older patients can't handle high dose chemo because of their age. However, age is not as important as health. Older patients with AML can get high dose chemo if they are healthy enough. Doctors decide whether patients are healthy enough, and they can use different scoring systems to help decide.

About half of the patients who get high dose chemo go into remission, meaning their cancer symptoms go away. However, the disease and symptoms usually come back within a year.

An allogeneic hematopoietic stem cell transplant (allo transplant) is a treatment option for patients who are in remission. An allo transplant uses healthy blood stem cells from a donor to replace the patient's unhealthy cells. The best time to do an allo transplant is as soon as the patient is in remission.

Patients who get an allo transplant live longer than patients who don't get an allo transplant. About 40% of patients (4 out of 10) in remission who get an allo transplant live at least 2 years.

Because a patient's remission usually lasts less than a year, it's important that patients talk to their cancer doctor about an allo transplant as soon as they find out they have AML. Patients should be referred to a transplant doctor right away to learn if an allo transplant is an option for them.

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### Source:

To transplant or not: a dilemma for treatment of elderly AML patients in the twenty-first century. Ustun C, Lazarus HM, Weisdorf D. Bone Marrow Transplantation. 2013 Nov 1; 48(12) 1497-1505. Epub 2013 May 6.