

What is CMML?

Chronic myelomonocytic leukaemia (CMML) is a type of blood cancer. It mainly affects white blood cells called monocytes, but it can affect other blood cells. These cells become abnormal and grow out of control. This can stop you making enough healthy blood cells.

Monocytes



CMML is rare. Around 650 people are diagnosed with it each year in the UK.

We do not know the exact cause of CMML. It is not because of anything you have or have not done.

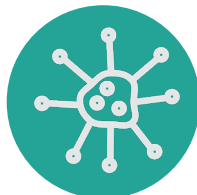
You might not have any symptoms when you are first diagnosed. But you might get signs and symptoms over time. These may include:



Feeling tired, breathless or dizzy



Extreme tiredness (fatigue)



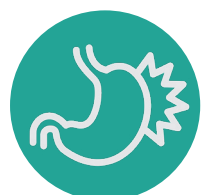
Frequent or long lasting infections



Bruising or bleeding easily



Night sweats



Tummy pain, bloating or discomfort



Feeling full quickly when eating or loss of appetite



Fever, for no obvious reason



Bone pain



Losing weight without trying to



Skin problems

You may have other symptoms if you develop complications that affect other parts of your body. Your team will explain what to look out for and when to seek medical help.

If you have any symptoms you are worried about, tell your haematology team.

CMML is usually diagnosed from blood tests and sometimes bone marrow tests.

CMML is grouped into low risk, intermediate (medium) risk and high risk. Your team will use your risk group to work out the best treatment plan for you.

Treating CMML

Your haematology team will explain what treatment they recommend and what you can expect from it. Treatment options include:

- **Active monitoring.** You might not need treatment straight away. Instead, you might have regular check-ups to see how CMML is affecting you.
- **Chemotherapy.** Common options include azacitidine or hydroxycarbamide. They are less intensive than many other types of chemotherapy.
- **Supportive treatments.** These are treatments or medicines to prevent or manage symptoms or side effects. You might have them on their own or with treatment to control your CMML.
- **A stem cell transplant.** This is very intensive and only suitable for people with high risk CMML who are fit enough to have it.
- **Treatment as part of a clinical trial.** If there is one suitable for you, your team should explain what it involves and the risks and benefits of it.

Sometimes, CMML can develop into a faster-growing blood cancer. If this happens your symptoms might get worse and you will need different treatment.

This information is aimed at people in the UK. We do our best to make sure it is accurate and up to date but it should not replace advice or guidance from your health professional.

For [more information about CMML](#), follow the link. Or search 'CMML' at www.leukaemiacare.org.uk or scan the QR code. This also includes links to order free information in print.



Need help? We offer a range of [support services](#). To find out more, scan the QR code, click the link or search 'support for you' at leukaemiacare.org.uk



Want to talk about CMML?

- Call our freephone helpline on **08088 010 444** (weekdays 9am to 4.30pm)
- Send a WhatsApp to **07500 068065** (weekdays 9am to 5pm)
- Visit www.leukaemiacare.org.uk
- Email support@leukaemiacare.org.uk

If you have any feedback or you'd like a list of the sources we used for this factsheet, please get in touch. Email information@leukaemiacare.org.uk or call **08088 010 444**. Or complete our [short survey](#) to let us know what we can improve.