



CML Tracking Tool

Track your CML symptoms and side effects

Chronic myeloid leukemia (CML) is a type of cancer that affects the blood-forming cells in the bone marrow. This can lead to your body not having enough of the healthy blood cells that perform important functions in the body.

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Why is tracking your symptoms and side effects important?

Tracking your symptoms and side effects may help you better inform your doctor about your condition. It is a useful way to monitor how you are feeling physically and emotionally which can help you see patterns that you may not have noticed.



How often should I track my symptoms and side effects?

To help you and your doctor see patterns in your health, it is important to track your symptoms and side effects as often as you can.

Start tracking your symptoms and side effects to help you better inform your doctor about your condition.



Track your symptoms and side effects often



Share the information with your doctor



Keep a copy of the tracker handy for filling out



Bring paper copies to your doctor visits. You can also use the Tracking Summary Sheet to gather your information in one place

Physical health tracker

Track your symptoms and side effects as often as you can. Fill in the date; enter the physical events you experienced; and select the numbers that most accurately rate your experience (intensity and quality of life). **Keep a copy of the tracker handy for filling out.**

Examples of physical events (Below is a list of some physical symptoms and side effects that you may experience)	Date	What did I experience today? Use the examples of physical events on the left.	Intensity		Rate my experience		Quality of life					
			Low	Medium	High	Low impact	Medium impact	High impact				
 Low energy/unable to concentrate, including weakness, drowsiness, extreme tiredness/fatigue, malaise (discomfort and lack of well-being)	e.g., 12/8/21	e.g., I had a headache	1	2	3	4	5	1	2	3	4	5
	e.g., 12/13/21	e.g., I felt tired	1	2	3	4	5	1	2	3	4	5
 Problems with pain in your body, (sense of "fullness" in the belly), muscles, head (headache)	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5
 Problems with eyes, hair, or skin including swelling (edema), hair loss, or bleeding problems	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5
 Problems when eating and going to the bathroom (digestion and excretion), including loss of appetite, nausea, dry mouth, vomiting, diarrhea, frequent urinationn	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5
 Problems breathing, including shortness of breath	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5
 Problems you can measure, including weight loss or fever	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5
	/ /		1	2	3	4	5	1	2	3	4	5



Add this information to the Tracking Summary Sheet (page 4) to bring to your next doctor visit.

Emotional health tracker

Track your symptoms and side effects as often as you can. Fill in the date; enter the physical events you experienced; and select the numbers that most accurately rate your experience (intensity and quality of life). **Keep a copy of the tracker handy for filling out.**

Examples of emotions:	Date	How am I feeling today? Write your emotions here:	Rate the impact on my quality of life			Notes Write down what may have affected your emotions		
			Low impact	Medium impact	High impact			
Use this list for ideas of some unwanted emotions you may be feeling.	e.g., /2 / 8 / 2/	e.g., Stressed	1	2	3	4	5	I felt stressed when waiting for my test results
	e.g., /2 / 11 / 2/	e.g., Frustrated	1	2	3	4	5	I felt frustrated because I was more tired than normal
	/ /		1	2	3	4	5	
	/ /		1	2	3	4	5	
	/ /		1	2	3	4	5	
	/ /		1	2	3	4	5	
	/ /		1	2	3	4	5	
Anxious	/ /		1	2	3	4	5	
Fearful	/ /		1	2	3	4	5	
Stressed	/ /		1	2	3	4	5	
Sad	/ /		1	2	3	4	5	
Upset	/ /		1	2	3	4	5	
Frustrated	/ /		1	2	3	4	5	
Angry	/ /		1	2	3	4	5	
	/ /		1	2	3	4	5	
	/ /		1	2	3	4	5	



Add this information to the Tracking Summary Sheet (page 4) to bring to your next doctor visit.

Tracking summary sheet

How to use this summary sheet:

- 1. Look at the information from your completed physical and emotional health trackers on pages 2-3
- 2. Write down each physical event and emotion you rated a "4" or "5"
- 3. Now add up the total number of days you rated each physical event or emotion a "4" or "5"
- 4. Share this summary sheet with your doctor to discuss how CML and treatment may be affecting you

Physical events with a rating of "4" or "5" for intensity and/or quality of life.		Total number of days
Physical Events		
Example	Headache	10
Example	Tired	6

Emotions with a rating of "4" or "5" for impact on quality of life.		Total number of days
Emotions		
Example	Stressed	12
Example	Frustrated	4

Overall, what aspects of your daily life have been impacted by your symptoms and side effects? (Check all that apply)

- ☐ Interfered with my work
- ☐ Interfered with my social activities
- ☐ I've needed help with routine chores

Write down anything else that may have impacted your quality of life, during the dates that you tracked your symptoms, side effects and/or emotions



Bring this Tracking Summary Sheet to your next doctor visit

Making the most of conversations with your doctor

Your relationship with your doctor is like a partnership. You come with your experiences of living with chronic myeloid leukemia (CML) and your doctor comes with training and expertise.

Together you can work on a treatment plan to help manage your condition.



Not actual health care provider. Patient portrayal.

STEP 1

Prepare

Things to do *before* your appointment

Track your experiences and concerns. Tracking things like your symptoms, side effects and/or emotions can help you better inform your doctor about your condition. You can even send what you have tracked to your doctor ahead of the visit to make the most of your time together.

Making the most of conversations with your doctor



Print and fill out this sheet before your next appointment.

Think about what you want to discuss with your doctor at your next visit.
Use this sheet to help guide your thoughts by answering the prompts on the left.

Date: / /	Things I want to discuss with my doctor at my next office visit	Notes taken during my office visit
What I want to learn more about		
Symptoms and side effects I am experi- encing		
How these symptoms and side effects are impacting my day-to-day life		
What I am having trouble with		
How I am feeling physically		
How I am feeling emotionally		

STEP 2**Communicate**

Things to do *during* your appointment



- ✓ Bring the notes that you just prepared in Step 1
- ✓ If you used a tracking tool to track things like your symptoms, side effects and/or emotions, be sure to share that information with your doctor too

Learning more about CML may help you feel more confident when communicating with your doctor.

STEP 3**Follow up**

Things to do *after* your appointment



Review what was discussed in the appointment and resume tracking your symptoms and side effects to keep your doctor informed in your next visit.

Don't hesitate to ask your doctor about any concerns or questions regarding your medical condition or treatment options.

Notes

References

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