

SELF-ASSESSMENT

of side effects associated with your chronic myeloid leukemia (CML) medication

This document is meant as a useful discussion guide for you and your physician regarding any undesirable side effects that may be caused by the treatment approach or even the disease itself.

Discussing side effects is important for the follow-up of your condition and progress. If you provide accurate and specific information to your healthcare providers, you will help them to make the best medical decisions for you.

This self-assessment tool was prepared to help you navigate through some of the specific side effects you may be experiencing.

Take the time, before your doctor's appointment, to evaluate the severity or frequency of your side effects based on the grading scale provided here. As a general guide, here is a description of each grade severity.

- Grade 1** Mild side effect
- Grade 2** Moderate side effect
- Grade 3*** Severe side effect
- Grade 4*** Life-threatening or disabling side effect

However, not all grades are appropriate for all side effects. Therefore, some of them are listed with fewer than four grades.

Whenever possible, evaluate your symptoms before starting or switching to your current treatment.

** Only a minority of patients will experience grade 3 or grade 4 side effects during treatment. However, if you experience one, we recommend that you contact your healthcare professional for medical advice.*



The Chronic Myelogenous Leukemia
Society of Canada
La Société de la Leucémie Myéloïde
chronique du Canada



Check squares below if side effects are not present		The section below allows you to grade each side effect. Fill the date and indicate with a checkmark the grade corresponding to each side effect you have experienced.				Date
SIDE EFFECT	Additional information	1	2	3	4	/ /
Fatigue	Feelings of weakness, lethargy, malaise	Mild fatigue, greater than before current treatment	Moderate fatigue or causing difficulty performing some daily activities	Severe fatigue interfering with daily activities	Disabling	
Rash	Purple-gray centers ("target" lesions) and blisters. They can be present on many parts of the body (ex. arms, legs, face, palms, soles, mouth eyes etc.) The red patches are distributed equally on both sides of the body.	Not applicable	Localized, eruptions are not present all over the body	Severe-Rash all over the body or painful inflammation in the mouth; pain interfering with eating	Life-threatening or disabling	
Diarrhoea	Abnormal frequency and liquidity of stools	Increase of 1 to 3 stools per day compared to before current treatment	Increase of 4 to 6 stools per day compared to before current treatment; not interfering with daily activities	Increase of 7 stools or more per day compared to before current treatment; interfering with daily activities	Life-threatening	
Pain						
Abdominal pain		Mild pain not interfering with movement	Moderate pain or pain interfering with movement but not with daily activities or undesirable analgesic side effects but not interfering with daily activities	Severe pain or undesirable analgesic side effects severely interfering with daily activities or pain severely interfering with daily activities	Disabling	
Muscle pain						
Cough	Asymptomatic cough: Cough that is not related to a cold or flu. Unproductive cough which does not seem to have a medical cause.	Occasionally, but more than before current treatment	More frequently than grade 1 symptoms	Significantly interfering with sleep or daily activities	Not applicable	
Shortness of breath	Medical term: dyspnea	Shortness of breath during an effort, but able to walk 1 flight of stairs without stopping	Shortness of breath during an effort, but unable to walk 1 flight of stairs or 1 city block (0.1 km) without stopping	Shortness of breath during daily activities	Not applicable	
Muscle cramps	Painful muscular contraction	Very infrequent, 1 episode per week	Infrequent, 2 to 3 episodes per week	Frequent, 4 to 6 episodes per week	Very frequent, more than 6 episodes per week	
Palpitations	More rapid, intense or throbbing heartbeat	Very infrequent, 1 episode per week	Infrequent, 3 to 5 episodes per week	Frequent, 1 episode every second day with at least 1 fainting spell	Not applicable	
Edema	Swelling, puffiness that are localized to any area of the body, such as : fingers, hands, wrists, ankles, eyes etc.	Mild swelling visible on close inspection	Moderate swelling readily visible; producing skin folds	Severe swelling interfering with daily activities	Disabling	
Nausea		Loss of appetite with alteration in eating habits	Oral intake decreased without significant weight loss, dehydration or malnutrition	Inadequate oral caloric or fluid intake	Life threatening consequences	
Vomiting		1 episode in 24 hrs	2-5 episodes in 24 hrs	> 6 episodes in 24 hrs	Life threatening consequences	

