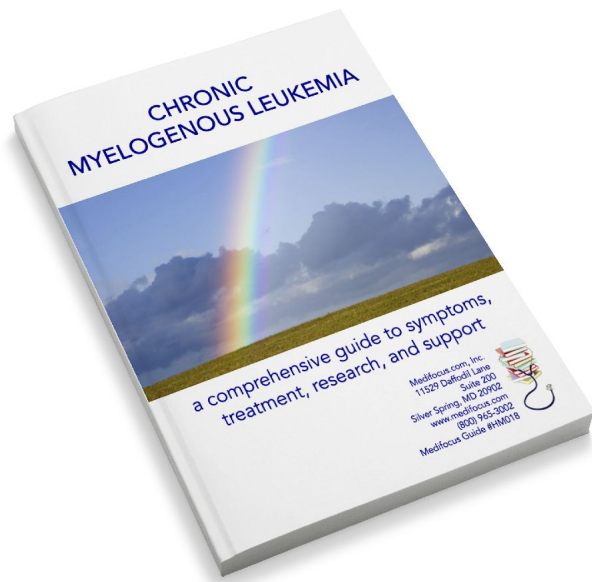


Preview of the Medifocus Guidebook on: Chronic Myelogenous Leukemia

Updated October 15, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Chronic Myelogenous Leukemia**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

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Table of Contents

Background Information	8
Introduction	8
About Your Medifocus Guidebook	10
Ordering Full-Text Articles	13
The Intelligent Patient Overview	15
Guide to the Medical Literature	46
Introduction	46
Recent Literature: What Your Doctor Reads	47
Review Articles	47
General Interest Articles	62
Drug Therapy Articles	66
Clinical Trials Articles	76
Stem Cell Transplantation Articles	87
Centers of Research	94
United States	96
Other Countries	104
Tips on Finding and Choosing a Doctor	112
Directory of Organizations	118

1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

CHRONIC MYELOGENOUS LEUKEMIA

Introduction to Chronic Myelogenous Leukemia

The *bone marrow* is the spongy inner part of bones in which all of the different types of blood cells are made. Early (primitive) blood cells are called *stem cells*. As these stem cells mature, they develop into either red blood cells white blood cells (leukocytes), or platelets. There are three main types of white blood cells: *granulocytes*, *monocytes*, and *lymphocytes*.

- Red blood cells are responsible for carrying oxygen from the lungs to all the tissues in the body and carbon dioxide from the tissues back to the lungs.
- White blood cells are important in fighting infection.
- Platelets play a critical role in blood clotting.

Leukemia is a cancer of the white blood cells that arises from the bone marrow and circulates in the peripheral blood. It is characterized by uncontrolled growth of white blood cells. Leukemia is a disease of the blood cells and does not usually form a solid mass or tumor. Although leukemia starts in the bone marrow, it can spread to the blood, lymph nodes, spleen, liver, central nervous system (CNS) and other organs.

There are four major types of leukemia:

- *Acute myelogenous leukemia* (AML)
- *Chronic myelogenous leukemia* (CML)
- *Acute lymphocytic leukemia* (ALL)
- *Chronic lymphocytic leukemia* (CLL).

The terms "*myelogenous*" and "*lymphocytic*" denote the different types of cell involved. The terms "*acute*" or "*chronic*" refer to the rate of progression of the disease.

Acute leukemia is a rapidly progressing disease that results in the accumulation of immature, non-functional cells in the marrow and blood. As a result, the bone marrow often can no longer produce enough normal red blood cells, white blood cells, and platelets. *Chronic leukemia* progresses more slowly and permits greater numbers of more mature functional cells to be made.

Chronic myelogenous leukemia also known as *chronic myeloid leukemia* and *chronic myelocytic leukemia*, is a malignant cancer of the myeloid line of cells in the bone marrow that results in the uncontrolled growth of white blood cells in the bone marrow, bloodstream, and body tissues. It is estimated that about 5,000 people in the United States are diagnosed with chronic myelogenous leukemia each year. The annual incidence of chronic myelogenous leukemia is about 1 to 2 cases

per 100,000 individuals. Chronic myelogenous leukemia affects males more than females and usually occurs in middle age adults. Although children can also develop the disease, childhood cases of chronic myelogenous leukemia account for only about 2% of all people who develop the condition.

Why Do People Develop Chronic Myelogenous Leukemia?

The exact cause of chronic myelogenous leukemia (CML) is not currently known but research over the past 40 years has expanded our understanding about the genetic and molecular events that lead to the development of chronic myelogenous leukemia. The major genetic abnormality that is observed in the bone marrow cells of more than 90% of patients with chronic myelogenous leukemia is the *Philadelphia chromosome*, also known as the *Ph chromosome*.

In 1960, doctors at the University of Pennsylvania School of Medicine in Philadelphia discovered that patients with chronic myelogenous leukemia had an abnormal chromosome (chromosome 22) that was much shorter in length than the same chromosome in healthy people. They named this abnormally short chromosome as the Philadelphia (Ph) chromosome. In 1973, researchers discovered that blood cells from patients with chronic myelogenous leukemia also exhibited another abnormal chromosome (chromosome 9). Subsequent research has led to a better understanding of the role of these two abnormal chromosomes in the development of chronic myelogenous leukemia. The specific mechanism involved is an abnormal *genetic translocation* (exchange) of broken chromosome pieces between chromosome 9 and chromosome 22. In more technical terms, this is referred to as the *t(9;22) translocation*. The consequence of this abnormal *t(9;22) translocation* is the creation of an abnormal *fusion gene* called BCR-ABL. The creation of the abnormal BCR-ABL fusion gene, in turn, results in the production of an abnormal *fusion protein* called *tyrosine kinase*, an enzyme that promotes leukemic transformation (leukemia resulting from the uncontrolled production and accumulation of white blood cells).

Scientists still do not fully understand what triggers the initial steps leading to the eventual development of chronic myelogenous leukemia. Although it is clear that broken pieces from chromosome 9 and chromosome 22 translocate and lead to the creation of the abnormal BCR-ABL fusion gene, just what causes pieces of these chromosomes to break off is not well understood. Epidemiological studies have shown that people who have been exposed to high levels of ionizing radiation, such as survivors of the atomic bombs dropped on Japan during World War II, developed an increased risk of chronic myelogenous leukemia. It is also thought that radiation therapy for certain types of cancers such as thyroid cancer or lymphomas may slightly increase a person's risk for developing chronic myelogenous leukemia. It is important to emphasize, however, that most people who develop chronic myelogenous leukemia have no know risk factors for the disease and research is ongoing to try to better understand why people develop the disease.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Chronic Myelogenous Leukemia** also includes the following additional sections:

- **Diagnosis of Chronic Myelogenous Leukemia**
- **Treatment of Chronic Myelogenous Leukemia**
- **The Role of Complementary and Alternative Therapies in Cancer**
- **Quality of Life Issues in Cancer**
- **Questions to Ask Your Doctor about Chronic Myelogenous Leukemia**

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Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 53 Articles
- General Interest Articles - 14 Articles
- Drug Therapy Articles - 29 Articles
- Clinical Trials Articles - 32 Articles
- Stem Cell Transplantation Articles - 20 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed<January 2006 to October 2009>

Review Articles

1.

Imatinib use during pregnancy and breast feeding: a case report and review of the literature.

Authors: Ali R; Ozkalemkas F; Kimya Y; Koksall N; Ozkocaman V; Gulten T; Yorulmaz H; Tunali A
Institution: Division of Hematology, Department of Internal Medicine, Uludag University School of Medicine, Gorukle, Bursa, Turkey. ridvanali@uludag.edu.tr
Journal: Arch Gynecol Obstet. 2009 Aug;280(2):169-75. Epub 2008 Dec 13.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM018&ID=19083009>

2.

Tyrosine kinase inhibitors and allogeneic hematopoietic cell transplantation for chronic myeloid leukemia: targeting both therapeutic modalities.

Authors: Fernandez HF; Kharfan-Dabaja MA
Institution: Department of Blood and Marrow Transplantation at the H. Lee Moffitt Cancer Center & Research Institute, Tampa, Florida 33612, USA. Hugo.Fernandez@moffitt.org
Journal: Cancer Control. 2009 Apr;16(2):153-7.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM018&ID=19337201>

3.

Is it possible to discontinue imatinib mesylate therapy in Chronic Myeloid Leukemia patients with undetectable BCR/ABL? A case report and a review of the literature.

Authors: Guastafierro S; Falcone U; Celentano M; Coppola M; Ferrara MG; Sica A
Institution: Division of Haematology, Department of Internal Medicine, Second University of Naples, Naples, Italy.
Journal: Leuk Res. 2009 Aug;33(8):1079-81. Epub 2009 Jan 22.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM018&ID=19167064>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Chronic Myelogenous Leukemia** includes the following sections:

- Review Articles - 53 Articles
- General Interest Articles - 14 Articles
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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

CA - California

<u>Name of Author</u>	<u>Institutional Affiliation</u>
Huang Q	Division of Pathology, City of Hope National Medical Center, Duarte, CA 91010, USA.
Hunter T	Molecular and Cell Biology Laboratory, Salk Institute for Biological Studies, La Jolla, California 92037-1099, USA. hunter@salk.edu
Shah NP	Division of Hematology/Oncology, UCSF School of Medicine, San Francisco, California 94143, USA. nshah@medicine.ucsf.edu
Weiss LM	Division of Pathology, City of Hope National Medical Center, Duarte, CA 91010, USA.

FL - Florida

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Kharfan-Dabaja MA	Department of Blood and Marrow Transplantation at the H. Lee Moffitt Cancer Center & Research Institute, Tampa, Florida 33612, USA. Hugo.Fernandez@moffitt.org
McFarland KL	Department of Pharmacy at the H. Lee Moffitt Cancer Center & Research Institute, Tampa, Florida 33612, USA.
Pinilla-Ibarz J	Department of Malignant Hematology, 12902 Magnolia Drive, MRC 3E/3056H, Tampa, FL 33612, USA. javier.pinilla@moffitt.org

The **Centers of Research** in the complete **Medifocus Guidebook on Chronic Myelogenous Leukemia** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

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5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Chronic Myelogenous Leukemia** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

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6 - Directory of Organizations

American Cancer Society

1599 Clifton Road NE; Atlanta, GA 30329-4251

404.486.0100; 800.228.2345

www.cancer.org

American Institute for Cancer Research; Nutrition Hotline

1759 R St., NW.; Washington, DC 20009

202.328.7744; 800.843.8114

aicrweb@aicr.org

www.aicr.org

American Society of Pediatric Hematology/Oncology

4700 West Lake; Glenview, IL 60025-1485

847.375.4716

info@aspho.org

www.aspho.org

Association of Cancer Online Resources

www.acor.org

Cancer Care

275 7th Avenue; New York, NY 10001

800.813.4673

info@cancercare.org

www.cancercare.org

Cancer Caring Center

4117 Liberty Avenue; Pittsburgh, PA 15224

412.622.1212

info@cancercaring.org

www.cancercaring.org

The **Directory of Organizations** in the complete **Medifocus Guidebook on Chronic Myelogenous Leukemia** includes a list of selected disease organizations and support groups that are helping people diagnosed with Chronic Myelogenous Leukemia.

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