

# HOW TO EXPLAIN CML TO A CHILD



Your body is made up of millions of building blocks called **cells**.

There are lots of different kinds of cells that do different jobs.

But how does a cell know what job it's meant to do?

Inside every cell is a set of instructions called **DNA**.

These instructions explain how to build your whole body,

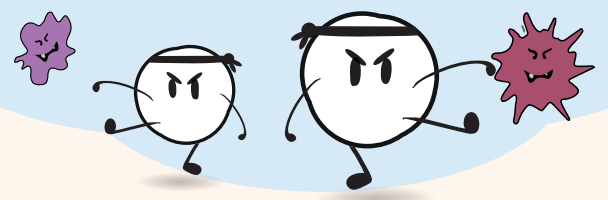
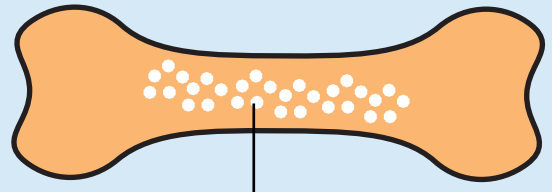
but each kind of cell only reads the bits that they need to do their job.

In some people, the instructions get mixed up and the cells don't know how to do their job properly.


**This can cause illnesses.**

# HOW DOES CML WORK?


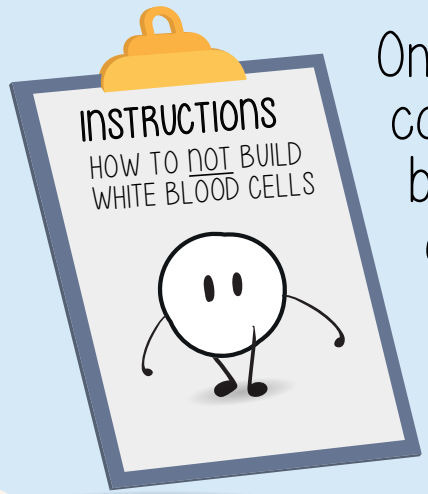
One of the most important sets of instructions is how to make **white blood cells**, which are involved in fighting off germs.

White blood cells are made in your bones, along with red blood cells...

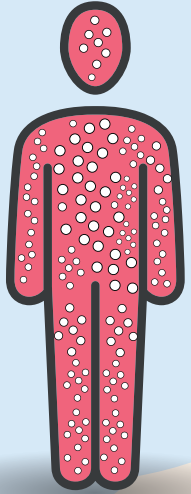



...that carry oxygen (the part of air we need to breathe) and **platelets** that heal your cuts and bruises.





One specific illness, called **CML**, happens because mistakes appear in the instructions for how to build white blood cells.

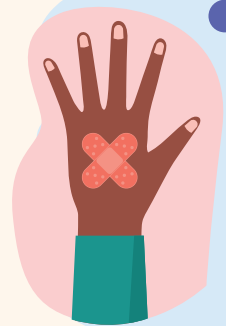
The white blood cells get made too quickly, and they get sent out into the body before they're grown up.


# THIS CAUSES A FEW PROBLEMS



- The white blood cells aren't grown up, so they aren't able to fight germs, so people with CML are prone to infections.



- Because the bones are so busy making the white blood cells, there isn't enough time or energy to make red blood cells and platelets – that means people with CML don't heal as quickly



- Making so many white blood cells takes a lot of energy, which means people with CML get very tired

# IT'S OK TO BE TIRED



Someone with CML might not be able to play with you as much as you want or they might find it extra tiring to do things like long walks or sports games. It doesn't mean they don't want to play, or that they don't like you – they're just not feeling very well.



But don't worry!  
There are plenty of medicines that help people with CML feel much better.

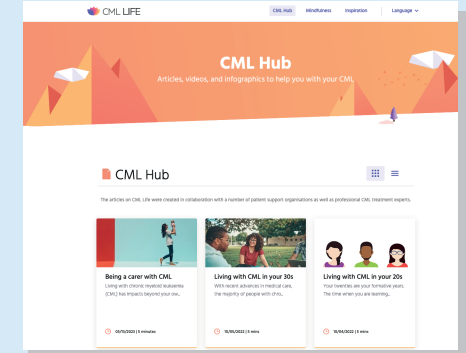
# HOW CAN YOU HELP?

The best thing you can do for someone with CML is remember that they might need to take things a bit slower than you.



# IT'S ALWAYS OK TO ASK QUESTIONS

Want to know more about CML?



That's great! Find out more about genetics, blood tests and lots of other interesting things in **THE HUB** section of CML Life



If you want to know even more, ask your adult or their doctors. Understanding what is going on is super important in life, so no question is off limits.

**THE END**