# Doctor Alice Bolton battles leukaemia and finds hope through family support



Alice Bolton, a 28-year-old doctor who divides her time between Surrey and London, was diagnosed with acute myeloid leukaemia (AML) while working in Australia. This diagnosis, which occurred in May 2024, came just an hour after she had a blood test in the emergency department where she was employed, initially suspecting she had glandular fever.

Days prior to her diagnosis, Alice had been in training for the Great Ocean Road Half Marathon, running up to 20 kilometres. However, she soon noticed unusual symptoms, including swollen lymph nodes and bruising on her legs, which prompted her to seek medical advice. Upon receiving her blood test results, she was instructed to go to the A&E department where she worked. Speaking about the moment she received her diagnosis, Alice recalled, “I was actually on shift, and they literally called me about an hour after I’d had the blood test, saying, ‘You need to go to A&E straightaway’,” adding that she was surprised to learn of her condition as she had initially thought she was dealing with glandular fever.

Diagnosed officially on May 16, 2024, Alice began a rigorous course of chemotherapy. Despite the aggressiveness of AML, she reached remission by October of the same year. However, in March 2025, a routine bone marrow test revealed a relapse, and she faced the prospect of a stem cell transplant. Thankfully, her sisters, Emma and Kate, were both identified as perfect matches for the transplant. Alice noted, “I’m very lucky that I have two sisters who are a match, and this will be the cure.”

The treatment and the challenges she faced prompted a rapid change in personal plans, particularly regarding her wedding to her partner, Hayden, who is also a doctor. Initially contemplating the cancellation of their June wedding, the couple quickly arranged a ceremony at Old Marylebone Town Hall in London on March 15, 2025, attended by over 70 family members and friends. On the day of the wedding, Hayden expressed that the thought of Alice’s medical situation did not overshadow their celebration, stating, “I was just super excited to marry the love of my life.”

Alice's diagnosis and experience became a rallying point for her family, who provided unwavering support throughout her treatment. Emma, who received the news of Alice’s diagnosis while on an expedition, remarked that it is difficult to grasp such a reality when it happens to someone perceived as young and healthy. Both sisters, Emma and Kate, have since committed to running the TCS London Marathon to raise funds for Leukaemia UK, with plans for Alice to cheer them on from the sidelines.

As of now, Alice is recovering from her latest round of chemotherapy and is hopeful that her upcoming stem cell transplant, scheduled for May, will be successful. She has expressed a desire to inspire others facing similar battles, sharing that her family often recites a quote from Harry Potter’s Dumbledore: “Happiness can be found even in the darkest of times, if one only remembers to turn on the light.” With ongoing advancements in medical research, Alice remains optimistic about the future, emphasizing that cancer is not necessarily a death sentence.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.threads.net/@surreylive/post/DIb_1r2qV7j/alice-bolton-28-was-diagnosed-with-acute-myeloid-leukaemia-aml-an-aggressive-blo> - This URL corroborates Alice Bolton's diagnosis with acute myeloid leukemia (AML) and her experience as a doctor.
* <https://www.leukaemiauk.org.uk> - This URL is relevant to Leukaemia UK, a charity involved in leukemia research and support, which aligns with the fundraising efforts by Alice's sisters.
* <https://www.leukaemiauk.org.uk/stories/> - This URL provides access to stories of individuals affected by leukemia, including mentions of Alice Bolton's experience.
* <https://www.justgiving.com/donate-leukaemia-uk> - Although not directly linked to Alice Bolton, this URL supports fundraising efforts for Leukaemia UK, similar to those undertaken by Alice's sisters.
* <https://www.cancer.org/cancer/acute-myeloid-leukemia.html> - This URL provides detailed information about acute myeloid leukemia (AML), which is relevant to understanding Alice Bolton's condition.