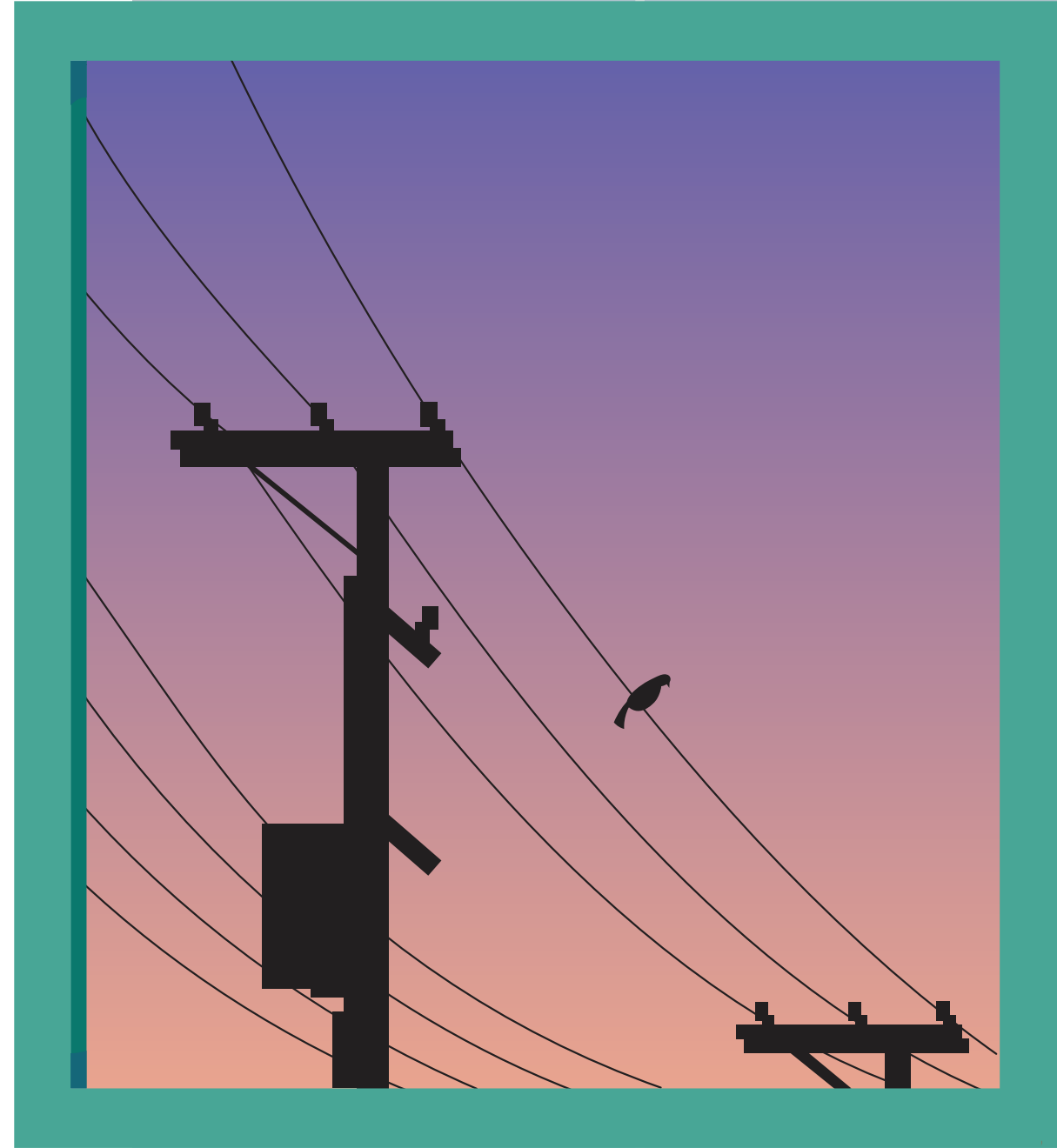


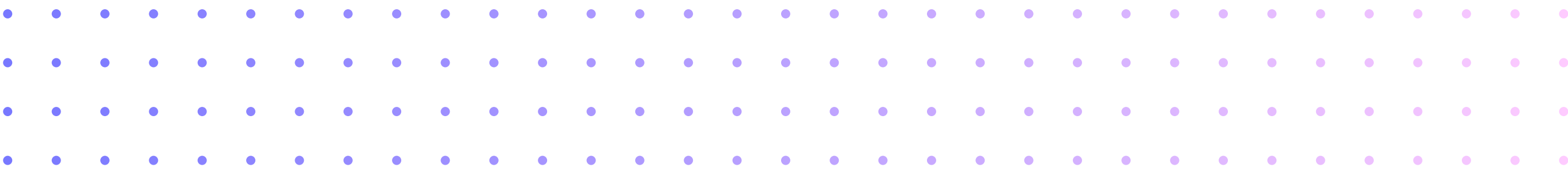
A CLL EMPOWERMENT GUIDE

Watch & wait



Upon diagnosis, it is very likely that your hematologist will not offer treatment for CLL straight away. Instead, they may suggest active monitoring, also known as "Watch & wait". This will include a period of regular appointments for medical check-ups & lab tests.

Attending these appointments enables you and your healthcare team to keep CLL under control.



Your doctor may offer treatment when there are signs that your disease gets worse, such as:

- | more lymphocytes in your blood
- | swollen lymph nodes, liver or spleen

or troubling physical symptoms, such as:

- | fevers
- | weight loss
- | night sweats

Having the above symptoms may not necessarily mean that you will need treatment. Nevertheless, you should let your healthcare team know.



Not having treatment for months or years after your diagnosis should not be a concern.

CLL has many different types and that is why some people may need to start treatment earlier than others. For some people, CLL gets worse in such a slow pace, that they may never begin treatment.

"Watch & wait" might come in contrast with what you would expect from other forms of leukemias or cancer. It might seem so odd that you may doubt whether it is the right approach.

However...



The reason why you are not offered treatment, is based on information collected from many people with CLL around the world. This shows that **premature treatment:**

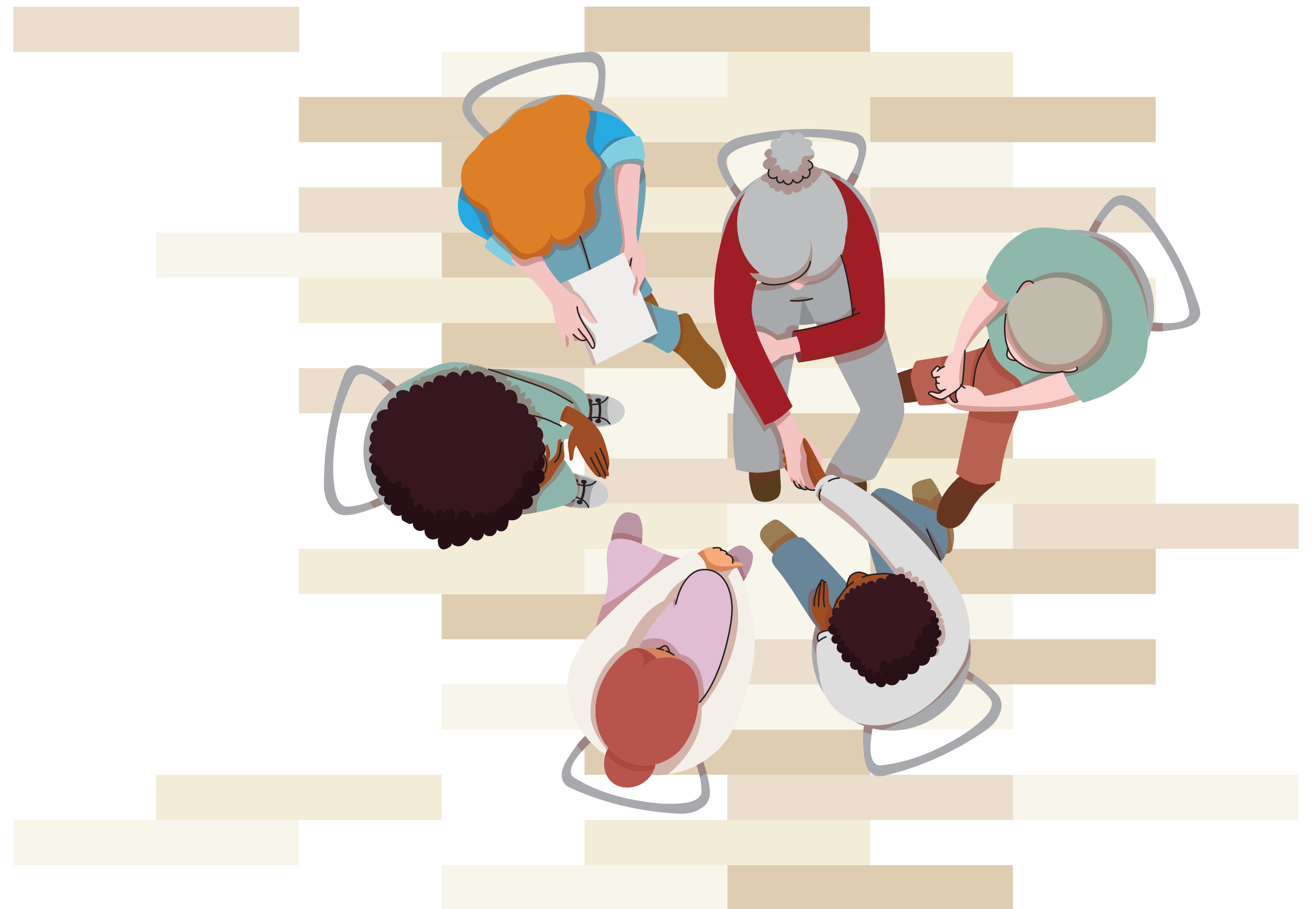
- • does not help and does not prolong survival
- • can cause more harm than good, because the gains of treatment at an early stage are fewer than the downsides (i.e., side effects)
- • can result in worse treatment effectiveness at a later stage, when you might really need it

Not starting treatment to fight your blood cancer straight after diagnosis might make you worried or scared.

If you find it difficult to adjust, try:

- | getting more information from your doctor
- | talking with close ones about how you feel
- | getting psychosocial support from local services
- | joining peer support groups or online forums

For more information, check out "Coping with CLL"





While in watch & wait, your doctor may prescribe other kinds of medications to help you with CLL symptoms. They also may give you practical advice on how to control your symptoms.

Therefore, it can be really helpful to report any symptoms you experience to you doctor right away.

This leaflet was created within the context of the "Patient Empowerment" Program, which is designed and implemented by the Institute of Applied Biosciences at the Center for Research and Technology Hellas (INAB|CERTH) and approved by the Hellenic Society of Haematology (HSH) and the European Research Initiative on CLL (ERIC)

