

A CLL EMPOWERMENT GUIDE

CLL diagnosis

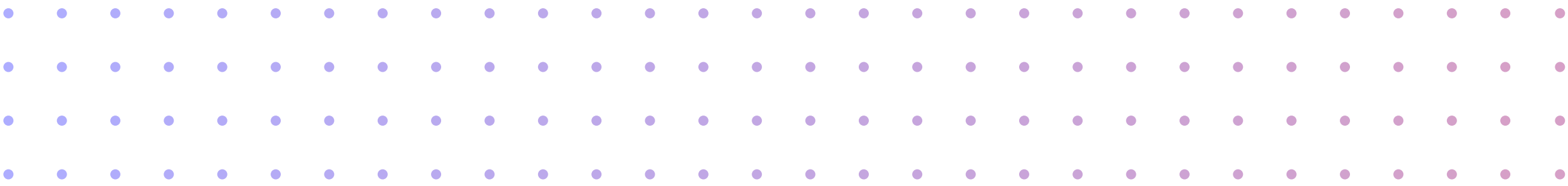


*It is normal to have questions
about Chronic Lymphocytic
Leukemia (CLL).*

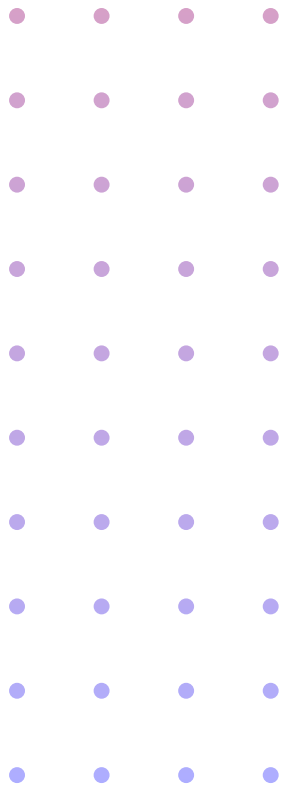


Being diagnosed with CLL may be overwhelming. For example, the term “Leukemia” could sound worrying. However, contrary to acute forms of leukemia, CLL is chronic. Meaning, it is a condition you live with for many years.

CLL DIAGNOSIS



LIVING WITH CLL



CLL is the most common type of blood cancer in adults. It usually affects older adults; however, it can also present in younger adults. Specifically, it greatly increases the number of B-lymphocytes in the blood. Even though the causes of CLL are not completely clear, one thing is for certain: it is not transmissible through every-day contact.

It is important to acknowledge that CLL can vary from person to person. It may take many various forms, each of which can have a different impact on your everyday life. CLL develops very slowly for some people. This means CLL may remain stable for years, without major symptoms or treatment. Other people may develop bothersome symptoms and may need treatment earlier.

Either way, people living with CLL can continue leading a normal life, with regular follow-ups with their monitoring physician.



Most people with CLL won't receive treatment right after diagnosis. They may be following a monitoring approach, called "watch & wait" (see "Watch & wait" leaflet). Usually, people do not manifest symptoms for a long time.



In time, your CLL condition may get worse. **Signs could include fatigue, weight loss, and frequent infections.** Considering your symptoms and your lab results, your physician may suggest treatment.

In CLL, at different stages, you may or may not be receiving treatment. Thankfully, there are many types to choose from and you may receive multiple ones. **All treatments aim at lowering the number of cancer cells in your blood and manage your symptoms.** Nevertheless, you may experience some side effects while receiving treatment. These might include hair loss or nausea (see "Side effects" leaflet).



It is important to discuss about side effects with your physician. They can make suggestions in helping you manage them, like choosing an alternative treatment_____



Following the end of each round of treatment, symptoms and side-effects will go down. You may start a new treatment, or your disease may go into remission. **This means that you may experience periods with no or minimal CLL symptoms.**

This leaflet aims to provide introductory information about CLL. Do not hesitate to discuss its content or any concerns, questions, or difficulties you may experience, with your monitoring physician.

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)

