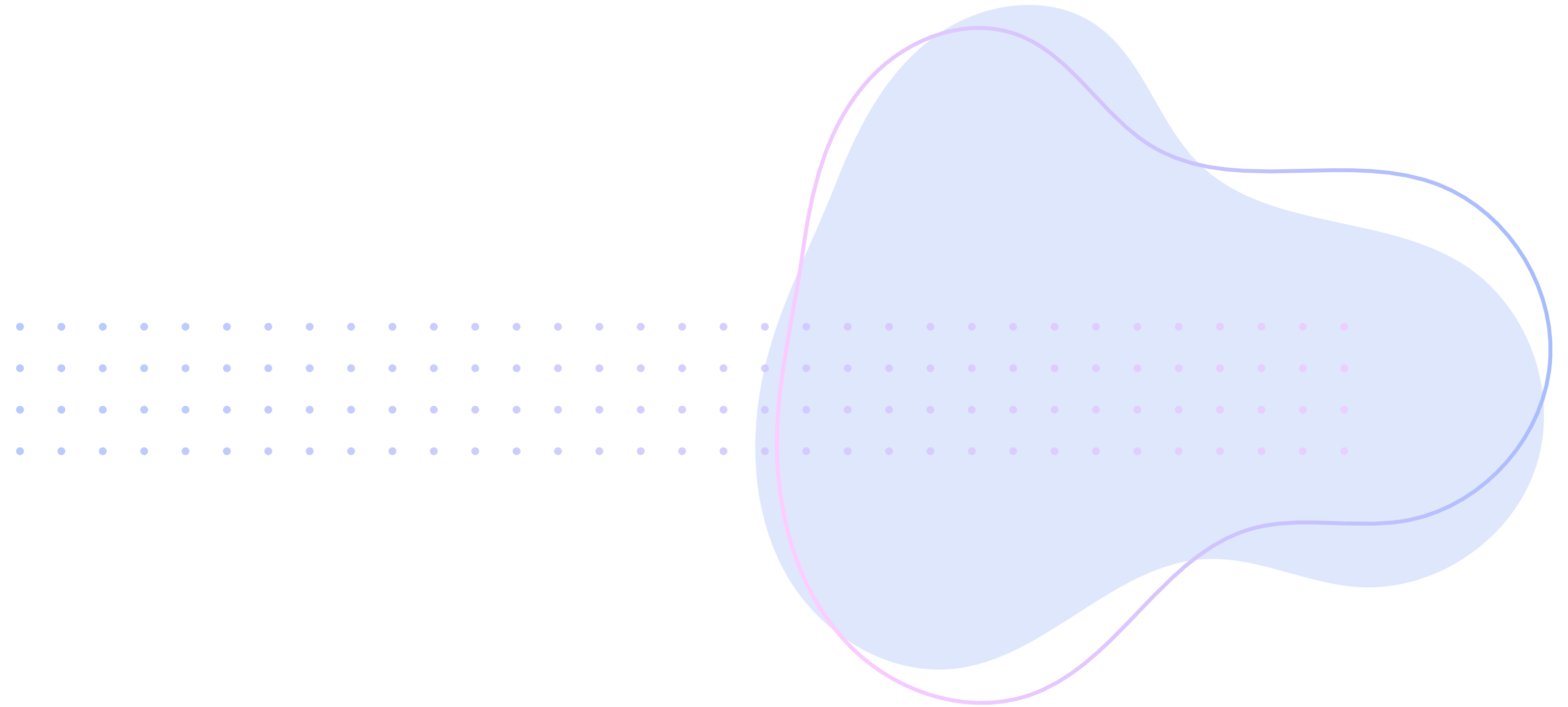


Side effects



*What to know
and what to do
in case of side effect*



WHAT SIDE EFFECTS ARE?

A side effect, also known as an adverse reaction, is defined as:
"...any unwanted or unintended symptom or feeling that occurs
after medication or treatment initiation..."

Why should you ask for medical help for side effects?

- Side effects can range from minor issues, like a dry mouth, to more serious health risks like allergic reactions
- Some side effects may indicate a serious health problem that needs treatment
- Side effects can affect your quality of life and make it difficult for you to continue taking the medication

What are the main causes of a side effect?

- Side effects are typically caused by the medicines you are receiving for CLL
- They occur because treatments often affect healthy cells in addition to cancer cells

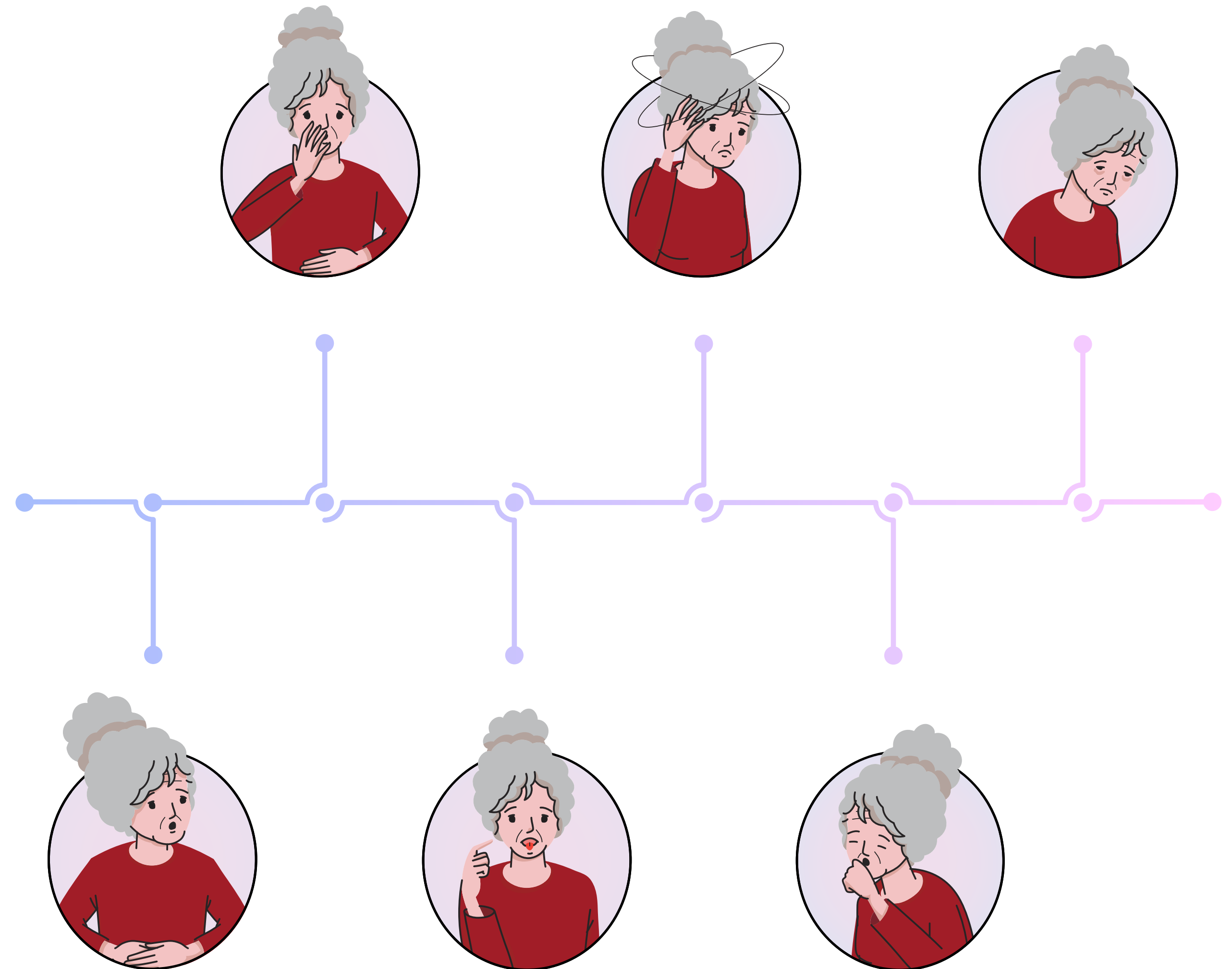
Inform your physician about any side effects you are experiencing, especially when they appear after starting a new treatment or have worsened.

SIDE EFFECTS

COPING WITH CLL

What are common side effects of medication?

- | Nausea, vomiting
- | Diarrhea
- | Dizziness
- | Dry mouth
- | Fatigue
- | Changes in appetite or weight
- | Cough



What is relevant to notice and report about your side effect?

- | Initiation. When did you first notice your side effect(s)?
- | Association. Can you associate the side effect with the timing of your medication intake?
- | Duration. How long do the side effects last? Are they persistent or intermittent? Do they get worse or better over time?
- | Frequency. How often do they occur?
- | Severity. How severe are your side effects?
- | Impact. Does it impact your daily activities?
- | Other symptoms. Are there any other new symptoms accompanying these side effects?
- | Have any new side effects appeared?
- | Changes. Are there any changes to your existing side effects?
- | Management. Have you done anything to manage the side effects? If so, did it help?

SIDE EFFECTS

Things that you should ask your physician:

- What should I expect? What are the most common side effects of this medication?
- What side effects should I contact you about immediately?
- What can I do to manage side effects?
- How long should I expect side effects to last?
- Can I stop taking the medication if I experience severe side effects?



AFTER CONTACTING YOUR HEALTHCARE TEAM...

What should you notice? You should ask for help again if...

Outcomes	Your side effect persists and/or is getting worse
Side characteristics	You notice changes in the severity or frequency of your side effect
New & existing side effects	You notice any new side effect or your existing side effects are getting worse
Response to medications	Medications for managing side effects are not helpful, or you are experiencing severe side effects

Remember! ————— Follow carefully the instructions of your physician
for taking your medication.

Ask your physician about potential side effects before starting a new medication.

Keep track of all side effects and report them to your healthcare team.

Do not stop or start any medications without consulting your 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)

