EXPERT TIPS FOR PATIENTS FACING A NEW CLL DIAGNOSIS

- Know who is on your healthcare team. Understand who will be in charge of your treatment plan.
- Consider a second opinion from a CLL specialist.
- Understand that Watch & Wait is considered a treatment option. Not doing something is doing some if you don't need to treat the CLL.
- It's okay to ask repeat questions at each appointment.
- Ask your team for up-to-date online resources.
- Write down questions prior to your appointments, take notes and bring someone with you.
  - Download the Office Visit Planner from the Pro-Active CLL Patient Toolkit.
- It's okay to ask for more information and about research opportunities.
- Obtain contact information for a nurse or support person to call with questions or concerns.

STEPS FOR LEARNING ABOUT CLL

- Pick up informational booklets at the physician's office.
- Ask your medical team for information and online resources.
- Learn from other patients.
- Visit reputable websites.

CREDIBLE RESOURCES FOR CLL INFORMATION

- American Cancer Society: cancer.org
- American Society of Clinical Oncology: asco.org
- American Society of Hematology: hematology.org
- The CLL Society: CLLSociety.org
- European Hematology Association: ehaweb.org
- The Leukemia and Lymphoma Society: LLS.org
- Lymphoma Research Foundation: lymphoma.org
- National Comprehensive Cancer Network (NCCN): nccn.org

GLOSSARY OF TERMS

Fluorescent in situ hybridization (FISH): A chromosome test used to identify specific genes or chromosome changes.

Gene Mutation: A permanent change in the DNA sequence that makes up a gene. Changes can occur due to mistakes when the DNA is copied or as the result of environmental factors.

Flow Cytometry: Analysis of blood and bone marrow cells in order to classify the cell types and determine disease risk as well as appropriate treatment plan.

Watchful Waiting (or Active Surveillance): The period of time before treatment begins in which a patient is monitored for disease progression and symptoms.