

What Is Watch & Wait?

In Chronic Lymphocytic Leukemia (CLL) patients, the **"watch and wait" (or "active surveillance")** period refers to an approach where no immediate treatment is given after a patient's diagnosis, and their condition is closely monitored through regular check-ups and testing.

Monitoring During Watch & Wait

Patients meet with their care team often to check in on their health and to assess their symptoms. These visits can include:

- Checking the **size of lymph nodes and the spleen** to see if they are enlarged.
- **Blood work** to find out if the disease is beginning to progress.
- **Assessment of symptoms** (e.g., fatigue, weight loss, night sweats, infections).
- **Imaging tests** like a CT scan or an ultrasound.

When Is It Time to Treat CLL?

CLL treatment typically begins if a patient develops any of the following:

- **Increased lymphocyte count**
- **Enlarged lymph nodes** or spleen
- Development of **anemia** or **thrombocytopenia**
- **Significant symptoms**, such as:
 - Fatigue
 - Night sweats
 - Unintentional weight loss
 - Frequent infections

Why Watch & Wait?

- CLL often progresses slowly, and treating the disease early hasn't been shown to improve outcomes in patients who are not experiencing symptoms.
- Close monitoring allows for swift intervention when treatment is necessary.
- Waiting to treat CLL avoids potential treatment side effects and complications until therapy is truly needed.
- CLL treatment is evolving rapidly. Postponing treatment until it is necessary may open up access to a broader range of future therapy options.

Collaborate CLL Resources

- **What You Should Know About CLL Clinical Trials**
- **Which Treatment Is Right for YOUR CLL?**
- **How Is CLL Treated?**
- **Understanding YOUR CLL Diagnosis**
- **Tools for Accessing Quality CLL Care**
- **Tips, Tools and Resources for CLL Care Partners**

[Collaborate CLL](#) is brought to you by the Patient Empowerment Network. It is sponsored by AbbVie, Inc. and through generous donations from people like you.

