

THE PRO-ACTIVE WALDENSTRÖM MACROGLOBULINEMIA (WM) PATIENT TOOLKIT

Resource Guide



Engage in Your Care

- Consider a second opinion with a specialist to confirm your WM diagnosis and care plan.
- Understand the goals of treatment and share your personal preferences with your doctor.
- Take advantage of educational resources to better understand WM.
- WM is a slow-moving condition. Take your time and make a well-informed decision.
- Write down your questions before and during your appointments.
- Bring loved ones to your appointments to help you recall information and to keep track of important details.
- Don't hesitate to ask questions and to share your concerns. You are your own best advocate.

What Is Watch and Wait (W&W)?

- Watch and wait is monitoring of indolent or incurable cancers closely without active treatment by the healthcare team.
- During this time, the patient undergoes regular testing to monitor disease progression and symptoms.
- Watch and wait is also referred to as watchful waiting or active surveillance.

Signs That It May Be Time to Treat WM

Anemia: A condition that develops when the body lacks sufficient red blood cells. Symptoms of anemia may include fatigue, weakness, and shortness of breath, among others.

Hyperviscosity: Buildup of IgM in the blood, thickening the blood and impairing blood flow.

Peripheral Neuropathy: A condition that can affect many different types of nerves and is usually a gradual onset of numbness, pain, burning, or tingling in the feet or hands, but can spread upward to the arms and legs.

WM Treatment Types

- **Chemotherapy**
- **Immunotherapy**
- **Targeted Therapy**
- **Clinical Trials**
- Less commonly used treatments are **stem cell transplant** and **radiation**.

When making treatment decisions, factors such as the extent of disease and symptoms can impact available options. Potential side effects and a patient's age, health, and lifestyle are also taken into consideration when choosing WM therapy.

WM Support & Resources

International Waldenstrom's Macroglobulinemia: iwmf.com

Lymphoma Research Foundation: Lymphoma.org

The Leukemia & Lymphoma Society: LLS.org

The Pro-Active Waldenström Macroglobulinemia Patient Toolkit is brought to you by the Patient Empowerment Network. Funding is provided by an unrestricted educational grant from Pharmacyclics, an AbbVie Company, and Janssen Biotech, Inc.



question@powerfulpatients.org

powerfulpatients.org



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