

# THRIVE CHRONIC LYMPHOCYTIC LEUKEMIA (CLL)

Resource Guide



Signs It May Be Time to Treat CLL	Common CLL Symptoms May Include
<ul style="list-style-type: none"><li>Low blood counts</li><li>Bulky or symptomatic lymph nodes</li><li>Spleen enlargement or symptoms</li><li>Constitutional symptoms</li></ul>	<ul style="list-style-type: none"><li>Fatigue</li><li>Unintentional weight loss</li><li>Fever and/or chills</li><li>Night sweats</li><li>Enlarged spleen and/or lymph nodes</li></ul>

## Engage in Your Care

- Understand and **articulate the goals** of your CLL treatment plan.
- Learn about your options** and weigh the pros and cons of each approach.
  - Bring a friend or loved one** to your appointments.
- Ask about essential testing** and how it may impact your treatment options.
  - Consider a second opinion** or a consult with a CLL specialist.

## Glossary Terms

**FCR:** A chemotherapy regimen that includes fludarabine, cyclophosphamide, and rituximab.

**IGHV Mutation:** CLL patients with mutated IGHV may have a longer time to treatment and can have different responses and duration of responses specific to chemotherapy.

**MRD (Minimal Residual Disease):** Measurement of the number of CLL cells found in the bone marrow of patients in remission after a clinical response to treatment. MRD is relevant as the residual CLL cells may indicate progression or relapse.

**Relapse:** The return of a disease or the signs and symptoms of a disease after a period of improvement.

**Richter's Transformation:** A rare complication of CLL, in which the disease rapidly transforms into a more aggressive type of lymphoma, such as diffuse large B-cell lymphoma (DLBCL).

**Targeted Therapy:** A type of personalized medicine that works by blocking specific mutations and by preventing cancer cells from growing and dividing, without affecting normal cells.

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

## CLL Educational Resources

- AceCancer: [acecancer.com](http://acecancer.com)
- CancerGRACE: [cancergrace.org](http://cancergrace.org)
- Cancer Support Community: [cancersupportcommunity.org](http://cancersupportcommunity.org)
- CLL Society: [cllsociety.org](http://cllsociety.org)
- The Leukemia & Lymphoma Society: [LLS.org](http://LLS.org)
- Leukemia Research Foundation: [leukemiarf.org](http://leukemiarf.org)

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