

Watch and Wait Explained

Overview: Chronic lymphocytic leukemia (CLL) can be slow-growing, meaning some patients may not need immediate treatment. Instead, the disease is closely monitored through regular blood tests and medical appointments.

When to Use: Suitable for patients with early-stage CLL or those without significant symptoms.

Benefits: Allows patients to avoid unnecessary treatment side effects while maintaining quality of life.

When Should CLL Treatment Begin?

Treatment may become necessary if CLL symptoms worsen, such as increased fatigue, night sweats, or weight loss, or if blood tests indicate anemia or low platelet counts.

Some patients might need treatment sooner if they have a more aggressive form of CLL.

What Is Biomarker Testing?

Biomarker testing identifies specific genetic mutations and chromosomal abnormalities that can influence treatment decisions.

Key CLL Biomarkers:

- IGHV Mutation Status
- TP53 Mutation
- 17p Deletion

Preparing for Treatment Discussions

- **Consult a Specialist:** Seek care or consider a second opinion with a CLL expert to explore treatment options, including clinical trials, or confirm your treatment plan.
- **Set Treatment Goals:** Discuss your desired outcomes and quality of life with your healthcare team. This will help you stay focused and determined during your treatment journey.
- **Essential Testing:** Ensure you have undergone all genetic and biomarker tests to customize your treatment plan.
- **Educational Resources:** Seek information from reputable sources, such as The Leukemia & Lymphoma Society (LLS) or Patient Empowerment Network (PEN), to understand your options.
- **Include a Support System:** Have a loved one join you for appointments to help recall information and to provide emotional support.
- **Stay Informed:** Keep updated on CLL treatment advancements by joining support groups and by subscribing to newsletters from trusted organizations.

Patient Empowerment Network CLL Resources

- [Office Visit Planners](#)
- [Insist! CLL](#)
- [The CLL Pro-Active Patient Toolkit](#)
- [Clinical Trials 201](#)

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