

DISCUSSING CLL TREATMENT GOALS WITH **YOUR DOCTOR**



This guide can help you have meaningful discussions with your doctor about managing your CLL.

Everyone's experience with CLL is different, so asking the right questions can help you play a meaningful role in your treatment decisions.

To get started, review the following questions and decide if there are any you'd like to discuss with your doctor at your next appointment.



UNDERSTANDING CLL

Diagnosis

- 1 Are there different types of CLL? What type do I have?

- 2 Can you explain what the term "genetic marker" means and why it's important to me? Do I need to be tested for these markers?

Watch and wait

- 1 What kinds of tests will be done to look for changes during watch-and-wait and how often will I need these tests?

- 2 What can I keep track of day-to-day during this period?



3 What symptoms should I look out for?

4 Should I make any lifestyle changes (for example, to diet or exercise) during this time?

5 The people who support me are asking how they can help. What should I tell them?



TREATMENT OPTIONS

Exploring treatment options

1 What are some treatments that could work for me?

2 Are all treatments given for the same amount of time?

3 Can you explain how different treatments are taken?

4 Do different treatment options have different costs?

5 Which treatments involve chemotherapy and which treatments are chemo-free?



Expectations

1 Are there treatment options that can help clear my blood and/or bone marrow of disease?
Are there treatments that can help my CLL go away?

2 What are common side effects of different treatment options and how long will they last?

3 How can the different treatment options affect my daily routine?

4 How will I know if my treatment is working?

5 How do I know if my treatment was successful?

6 How will I know if I am in remission, and what does that mean for me?

7 How often will I have a checkup to monitor my CLL?



SUPPORT AVAILABLE

1 Are there actions I can take to emotionally support myself?

2 What support groups or organizations are there for patients with CLL?



3 Are there organizations that can help with financial support for treatment and other expenses?

4 Is it OK for me to seek treatment during COVID-19?

5 Is it OK for me to visit an infusion center if my treatment requires it?

 **YOUR CARE TEAM**

Triage Line

Phone: _____

Name: _____

Dietitian

Phone: _____

Name: _____

Financial Counselor

Phone: _____

Name: _____

Mental Health Counselor

Phone: _____

Name: _____

Exercise Specialist

Phone: _____

Name: _____

Specialty Pharmacy

Phone: _____

Name: _____

 **NOTES**
