

Living with Chronic Lymphocytic Leukaemia (CLL) - A Quick Guide



Contents

This is a brief summary of the information on 'Living with chronic lymphocytic leukaemia (CLL)' from CancerHelp UK. You will find more detailed information on the website.

In this information there are sections on

- Coping with CLL
- What to ask your doctor
- Organisations for CLL

Coping with chronic lymphocytic leukaemia (CLL)

It can be very difficult coping with a diagnosis of leukaemia, both practically and emotionally. You are likely to be feeling very confused and upset at first. The word leukaemia sounds frightening and many people do not realise that chronic lymphocytic leukaemia is a very slowly developing condition. And that many people have a normal life for several years or more after their diagnosis. You may find that you need to explain to people exactly what your condition means.

Coping practically with CLL

As well as coping with how you feel emotionally, you may have to work out

how to manage practically. If you are having treatment or the CLL is advanced you may feel very tired. Treatment may also cause other side effects such as feeling sick or skin rashes. Your doctors and specialist nurses can advise you about coping with these. Do ask for help if you need it.

The coping with cancer section of CancerHelp UK contains lots of information you may find helpful. There are sections about your feelings, helping yourself and how others can help you, sex and sexuality, and financial support including information about benefits and sick pay, mortgages, pensions, loans and insurance.

What to ask your doctor on living with chronic lymphocytic leukaemia (CLL)

- How will my treatment affect me?
- Will I ever get back to normal?
- Will I have treatment side effects that affect my daily life?
- Will I be able to go back to work?
- Is there anything I should or shouldn't eat?
- Where can I get help with claiming benefits and grants?
- What practical help is available?
- Why did this happen to me?



- Are my children at risk of getting cancer?
- Where can I get help dealing with my feelings?
- Can you refer me for counselling?
- Do I have to pay for counselling?
- Could you refer me to a specialist nurse?

Organisations for chronic lymphocytic leukaemia (CLL)

Cancer Research UK
 Main website: www.cancerresearchuk.org
 Patient information website:
<http://cancerhelp.cancerresearchuk.org>
 Cancer Information Nurses phone: 0808 800 4040

Leukaemia and Lymphoma Research
 Tel: 020 7405 0101
 email: info@beatbloodcancers.org
 Website: www.beatbloodcancers.org

Leukaemia CARE
 Tel: 08088 010 444
 email: care@leukaemiacare.org.uk
 Website: www.leukaemiacare.org.uk

CLL Support Association
 Tel: 0800 977 4396 or 020 7644 3052
 email: info@cllsupport.org.uk
 Website: www.cllsupport.org.uk

More information

For more information about chronic lymphocytic leukaemia (CLL), visit our website

<http://cancerhelp.cancerresearchuk.org>

You will find a wide range of detailed, up to date information for people affected by cancer, including a clinical trials database that you can search for trials in the UK. You can view or print the information in a larger size if you need to.

For answers to your questions about cancer call our Cancer Information Nurses on **0808 800 4040**
 9am till 5pm Monday to Friday

Adapted from Cancer Research UK's Patient Information Website CancerHelp UK in November 2011. CancerHelp UK is not designed to provide medical advice or professional services and is intended to be for educational use only. The information provided through CancerHelp UK and our nurse team is not a substitute for professional care and should not be used for diagnosing or treating a health problem or disease. If you have, or suspect you may have, a health problem you should consult your doctor. © Cancer Research UK 2011. Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666).