



## PUTTING TOGETHER A CLL TEAM

We suggest that everyone complete the attached CLL TEAM table and post it on your fridge or a bulletin board to remind you that you have a whole gang supporting you and that cancer is best played as a team sport.

We strongly believe in the necessity of establishing a team lead by a CLL expert and the data support us.

In a 2012 article in the journal CANCER, Dr. Tait Shanafelt and his fellow researchers found that even when controlling for other prognostic markers, patients who consulted a CLL specialist lived an average two years longer than those who did not.

So who is on our team? Here are the absolute minimum requirements to bring our best game.

**The World Expert:** A CLL researcher/clinician who lives and breathes CLL, who will direct our overall strategy and who has access to the latest therapies and clinical trials. Our **CLL Expert** does not need to be local. He or she is our mandatory “second opinion”.

**The Local Expert:** A local, available, competent and communicative general hematologist/oncologist who is willing to work well with our **World Expert**, is there for us in a crisis and who handles and explains the day-to-day issues.

**The Interpreter or Note Taker or Recorder:** A trusted family member or close friend who will attend our consultations with the **Experts**, recording the visits, taking notes and making sure that we have been heard and confirming the accuracy what we heard.

**Personal Support:** Close friends and family whom we can count on for logistical and psychological support.

**CLL Support Group and Network:** Although some of us may not have a strong team of friends and family members to help us deal with our cancer, we can all rely on our Internet friends and often on the members of a local support group through the CLL Society Support & Education Network and other trustworthy organizations for valuable counsel and support. Fellow patients can be very generous in sharing their experiences through live meetings or online through **The CLL Society**- <http://cclsociety.org> and on the many CLL online forums. Don't underestimate the importance of a CLL support group and network.

## MY CLL TEAM

<b>THE ROLE</b>	<b>NAME</b>	<b>PHONE</b>	<b>EMAIL</b>
World Expert			
Local Expert			
Interpreter			
Personal Support			
Support Group and Network			