

Discussing your CLL treatment goals with your doctor

The purpose of this guide is to help prepare you for your next doctor's visit. Regardless of which phase of the CLL journey you are in, here are some important questions to consider asking your doctor to have a productive conversation about your treatment goals.

Table of Contents

Diagnosis

Watch-and-Wait

Starting Treatment

Summary & Resources

Consider printing this guide and bringing it with you to your next appointment.

CLL=chronic lymphocytic leukemia.

abbvie

Genentech
A Member of the Roche Group

I just got diagnosed with CLL...now what?

The first steps after a diagnosis of CLL can be confusing and daunting. It's natural to want to fight this disease right away. However, before considering treatment options for CLL, it's important to understand what to expect with your diagnosis, particularly CLL.

At diagnosis, your doctor will likely ask you to take a few blood tests to find out if you have certain genetic mutations or deletions that could help determine how you will be treated. Some of these tests will be ongoing throughout your disease and treatment journey.

Questions to Ask Your Doctor

Which tests will be administered, and what are they for?

Are there specific genetic mutations I need to know about (eg, *TP53* mutation/17p deletion)?

What's the difference between *IGHV* mutated and *IGHV* unmutated?



Consider printing this guide and bringing it with you to your next appointment. This may help you have a productive conversation with your doctor.

What you need to know about the “watch-and-wait” period

For many people with newly diagnosed CLL, the first step is for the doctor and patient to “watch and wait” to see if the CLL progresses. Some patients may never need treatment. For others, there are a number of strategies to consider.

During this period, treatment for CLL is not given. Your doctor will determine if and when treatment is needed.

The watch-and-wait period postpones unnecessary treatment to help avoid potential side effects and complications of treatment. For some people, the watch-and-wait period can last for years before the disease progresses. Because this period can be long and unpredictable, it may be stressful or frustrating.

Questions to Ask Your Doctor

What should I watch out for during the watch-and wait period?

Are there any specific symptoms I should be on the lookout for?

Is there anything I can do during the watch-and-wait period?



Consider printing this guide and bringing it with you to your next appointment. This may help you have a productive conversation with your doctor.

What you need to know about the “watch-and-wait” period (cont’d)

Questions to Ask Your Doctor

What types of treatment options can I start researching?

Can lifestyle changes, such as diet and exercise, improve my condition?

Is it advisable to get a referral to an exercise specialist or a nutritionist?

Are there support groups I can reach out to?

Is there someone I can talk to about the emotional stress of this diagnosis?



Consider printing this guide and bringing it with you to your next appointment. This may help you have a productive conversation with your doctor.

Finding the right treatment for you

There are many treatment options for CLL whether or not you have had treatment before. Before choosing one with your doctor, you may want to ask these questions at your next appointment to help establish your personal treatment goals and to find a treatment strategy that works for you.

Questions to Ask Your Doctor

How long is the treatment prescribed for?

Will I have to be on treatment for the rest of my life?

Does the treatment involve chemotherapy, or is it chemo-free?

Does infusion medication mean chemotherapy?



Consider printing this guide and bringing it with you to your next appointment. This may help you have a productive conversation with your doctor.

Finding the right treatment for you (cont'd)

Questions to Ask Your Doctor

How does the treatment work?

How do I take it?

Is it a pill, an infusion, a combination of the two, or something else?

What type of results should I expect?

Will the treatment help my CLL go away?



Consider printing this guide and bringing it with you to your next appointment. This may help you have a productive conversation with your doctor.

Finding the right treatment for you (cont'd)

Questions to Ask Your Doctor

What side effects can I expect?

How long will side effects of my CLL treatment last?

What can I do to reduce side effects?

Can changes in my diet or exercise help reduce side effects?



Consider printing this guide and bringing it with you to your next appointment. This may help you have a productive conversation with your doctor.

Finding the right treatment for you (cont'd)

Questions to Ask Your Doctor

How long should I plan on paying for treatment?

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



Consider printing this guide and bringing it with you to your next appointment. This may help you have a productive conversation with your doctor.

You are your best advocate when it comes to managing your CLL journey

Of course, the questions listed in this guide are just a starting point. As you begin this treatment journey with CLL, remember to:

Be vocal: There are no unreasonable questions when it comes to your health.

Be organized: Keep a journal to track any changes in your condition before and during treatment, and share it with your healthcare team.

Be proactive: Work with your healthcare team to find a treatment strategy that works for you.

This guide is meant to help prepare you for your next appointment—so you can be confident in your treatment discussion.

Remember, you may have a large care team available to support you along your CLL journey. Use this space to keep track of each member of your team:

Triage Line

Phone: _____

Dietitian

Name: _____

Phone: _____

Financial Counselor

Name: _____

Phone: _____

Mental Health Counselor

Name: _____

Phone: _____

Exercise Specialist

Name: _____

Phone: _____

Specialty Pharmacy

Name: _____

Phone: _____

Consider printing this guide and bringing it with you to your next appointment. This may help you have a productive conversation with your doctor.

