

Chapter 1 : Coping With Acute Myeloid Leukemia (AML) - Fact Sheet | CancerCare

Coping With a Leukemia Diagnosis You'll be shocked and confused at first. But you can get past that: Learn about leukemia, how it's treated, and where you can get support.

Listen A diagnosis of acute lymphocytic leukemia ALL can leave you and your loved ones feeling uncertain, anxious and overwhelmed. There are important treatment decisions to make, emotional concerns to manage, and insurance and financial paperwork to organize, among other practical concerns. It is helpful to keep in mind that there are many sources of information and support for people coping with ALL. By learning about this diagnosis and its treatment options, communicating with your health care team, and surrounding yourself with a support network, you will be better able to manage your ALL and experience a better quality of life.

Understanding Your Diagnosis and Treatment Plan Acute lymphocytic leukemia ALL occurs when a type of white blood cells, called lymphocytes, begins to change and grow uncontrollably. These abnormal cells crowd out other types of blood cells in the bone marrow, which are responsible for making blood clot. As a result, people with acute lymphocytic leukemia may experience anemia, are more prone to developing infections, and bruise or bleed easily. People with ALL usually need immediate treatment, which can include chemotherapy, radiation, targeted therapy and transplantation. Treatment for acute lymphocytic leukemia is highly effective: Ask your health care team to recommend reliable publications and websites to learn more about your treatment options. Knowing what to expect can help you feel more in control.

The Importance of Communicating with Your Health care Team Because ALL is a complex condition with complex treatment options, good communication between you and your health care team is key. Your oncologist, nurses, and other members of your health care team work together to treat your ALL. Since medical appointments are the main time you will interact with your team, being as prepared as possible for these visits is important. It will help ensure that you understand your diagnosis and treatment, get answers to your questions, and feel more satisfied with your overall care.

Finding Resource While ALL can present many challenges, keep in mind that you do not need to cope with this diagnosis on your own. Your friends and family are important sources of strength and support. There are also many local and national support services available to assist you. There are many organizations that provide help with medical billing, insurance coverage, and reimbursement issues. There is also financial assistance available to help people who cannot afford the cost of their medications. Good places to start your research are the websites of the Cancer Financial Assistance Coalition www.cancercaresolutions.org. Check your local phone directory for listings. To learn more, visit www.gettingemotional.org.

Getting Emotional Support Adjusting to and finding ways to cope with an ALL diagnosis is an important part of healing, along with treatment. There are many organizations, such as CancerCare, that provide support services to help people affected by cancer. Individual counseling is available to help you learn ways to cope with the emotions and challenges raised by your diagnosis. Support groups can connect you with other people in a similar situation in a safe, supportive environment.

Chapter 2 : Coping With a Diagnosis of CLL - ONA

Coping with leukemia involves much more than finding a good doctor and going through treatment. You will need to manage physical concerns, like preventing infections or new issues that may arise years or decades into your survivorship.

Learning to Cope With Leukemia BY Sarah Cook An acute leukemia diagnosis can make you feel as if the world has stopped -- for you, the patient, and for your loved ones. Before diagnosis there was grocery shopping, work, coffee dates and laundry. The information comes fast and furious: Will my insurance pay for this? Will I lose my job? What the heck is a stem cell transplant? Is that the same as a bone marrow transplant? To say that a new leukemia diagnosis can be overwhelming would be putting it mildly. MD Anderson social work counselors are available to offer emotional support and to help link you with helpful resources. If you or your loved one has recently been diagnosed with leukemia, there are a few things you need to remember as you begin to cope with this new situation. Three things to remember: Keep a notepad with you and write down questions as you think of them. If you have your questions written down, you can concentrate on the answers. Anyone can post anything on the Internet. When learning about your new diagnosis, consider the source. Many patients and families run to the Internet for information about a new diagnosis. Remember that not everything online is true and once-accurate information on cancer quickly becomes outdated. The Learning Center at MD Anderson offers up-to-date and accurate information on health, cancer and cancer prevention. Be open about difficulties you may be experiencing. If you encounter a problem that may interfere with your ability to receive treatment, let your medical team know or contact the Department of Social Work to speak with a social work counselor. Many social work counselors facilitate support groups for patients, their children and loved ones. Leukemia Center Network offers education through guest speakers, as well as the opportunity to network with patients and families going through a similar experience. Leukemia Center Network schedule:

Coping With Childhood Leukemia and Lymphoma | page 3 Clinical Trials. Our Information Specialists help patients and caregivers work with their doctors to find out about specific clinical trials.

Chronic lymphocytic leukemia CLL can rarely be cured. Still, most people live with the disease for many years. Some people with CLL can live for years without treatment, but over time, most will need to be treated. Most people with CLL are treated on and off for years. Treatment may stop for a while, but it never really ends. Life after cancer means returning to some familiar things and also making some new choices. Learning to live with cancer that does not go away can be difficult and very stressful. Follow-up care Before, during, and after treatment, your doctors will want to watch you closely. During these visits, your doctors will talk with you about any problems you might have and might order exams and lab tests to look for signs of cancer or treatment side effects. Almost any cancer treatment can have side effects. Some may last for a few weeks to months, but others can last the rest of your life. This is the time for you to talk to your cancer care team about any changes or problems you notice and any questions or concerns you have. Treatment of CLL is not expected to cure the disease. This means that even if there are no signs of leukemia after treatment known as a complete remission, the leukemia is likely to come back recur at some point. Most people with CLL do not have normally functioning immune systems, which may raise their risk for certain infections. Your doctor may recommend vaccines, certain medicines, or other treatments to help prevent or control certain infections. Ask your doctor for a survivorship care plan Talk with your doctor about developing a survivorship care plan for you. This plan might include: Tests and doctor visits cost a lot and life-long CLL treatment may be needed. Can I lower my risk of CLL progressing or coming back? If you have CLL, you probably want to know if there are things you can do that might lower your risk of the cancer growing or coming back, such as exercising, eating a certain type of diet, or taking nutritional supplements. Still, we do know that these types of changes can have positive effects on your health that can extend beyond your risk of CLL or other cancers. They can help you decide which ones you can use safely while avoiding those that might be harmful. Could I get a second cancer after treatment? In fact, CLL cancer survivors are at higher risk for getting some other types of cancer. Getting emotional support Some amount of feeling depressed, anxious, or worried is normal when cancer is a part of your life. Some people are affected more than others. But everyone can benefit from help and support from other people, whether friends and family, religious groups, support groups, professional counselors, or others.

Chapter 4 : COPD and Leukemia

ON THIS PAGE: You will learn more about coping with the physical, emotional, social, and financial effects of cancer and its treatment. This page includes several links outside of this guide to other sections of this website.

Listen A diagnosis of acute myeloid leukemia AML can leave you and your loved ones feeling uncertain, anxious and overwhelmed. There are important treatment decisions to make, emotional concerns to manage, and insurance and financial paperwork to organize, among other practical concerns. It is helpful to keep in mind that there are many sources of information and support for people coping with AML. By learning about this diagnosis and its treatment options, communicating with your health care team, and surrounding yourself with a support network, you will be better able to manage your AML and experience a better quality of life. There are a wide range of treatments for AML, including surgery, chemotherapy, radiation therapy and stem cell transplant. If treatment is necessary, ask your health care team to recommend reliable publications and websites to learn more. Knowing what to expect can help you feel more in control. The Importance of Communicating with Your Health Care Team Because AML is a complex condition with complex treatment options, good communication between you and your health care team is key. Your oncologist, nurses, and other members of your health care team work together to treat your AML. Since medical appointments are the main time you will interact with your team, being as prepared as possible for these visits is important. It will help ensure that you understand your diagnosis and treatment, get answers to your questions, and feel more satisfied with your overall care. Finding Resources While AML can present many challenges, keep in mind that you do not need to cope with this diagnosis on your own. Your friends and family are important sources of strength and support. There are also many local and national support services available to assist you. There are many organizations that provide help with medical billing, insurance coverage, and reimbursement issues. There is also financial assistance available to help people who cannot afford the cost of their medications. Good places to start your research are the websites of the Cancer Financial Assistance Coalition www.cancerfinancialassistance.org. Check your local phone directory for listings. To learn more, visit www.gettingemotional.org. Getting Emotional Support Adjusting to and finding ways to cope with an AML cancer diagnosis is an important part of healing, along with treatment. There are many organizations, such as CancerCare, that provide support services to help people affected by cancer. Individual counseling is available to help you learn ways to cope with the emotions and challenges raised by your diagnosis. Support groups can connect you with other patients in a safe, supportive environment.

Chapter 5 : Coping & Support: Patients & Families: The Leukemia/Bone Marrow Transplant Program of BC

A diagnosis of acute lymphocytic leukemia (ALL) can leave you and your loved ones feeling uncertain, anxious and overwhelmed. There are important treatment decisions to make, emotional concerns to manage, and insurance and financial paperwork to organize, among other practical concerns. It is.

I was just figuring out what I wanted to do with my life: But life handed me something completely different -- a leukemia diagnosis and a lymphoma diagnosis. T-cell acute lymphoblastic lymphoma and acute lymphoblastic leukemia I had a swollen lymph node on my neck for over a month, but I never really thought anything of it. I finished off a round of antibiotics, and my doctor told me to watch it and come back if anything new presented. About two weeks later, I woke up with 11 new swollen lymph nodes. After a couple of biopsies, doctors diagnosed me with stage IV T-cell acute lymphoblastic lymphoma. At the time, I mentally blocked out my lymphoma diagnosis. I began my treatment at MD Anderson where I found out my cancer had spread to my bone marrow. I also received a second diagnosis -- acute lymphoblastic leukemia ALL. I went through nine months of aggressive chemotherapy, followed by two years of maintenance chemo. I was so weak at the time. Some days it took everything I had to get up and ride in the car to MD Anderson. Some days were better than others. On a good day, I was able to ride the skybridge cart without wanting to throw up. I tried to find books, articles, anything that would help me better understand what I was going through. I spent a lot of time journaling my feelings. Writing down what I was dealing with enabled me to process what was happening to me. Imagine my shock when I tried to apply mascara and ended up with half of my eyelashes on the mascara brush. Thankfully, I went into remission fairly quickly after starting chemo. During my lymphoma and leukemia treatment, I took one semester off and slowly got back into the groove of taking college classes. After finishing that degree, I started working toward my original nursing degree. Cancer changed me for the better. I learned to be humble and accept humility. And, I learned so much about myself. The amount of mental and spiritual strength that I gained is priceless. Facing the possibility of death in my early 20s caused me great emotional stress, but I will forever thank cancer for making me the person that I am today.

Chapter 6 : Living As a Chronic Lymphocytic Leukemia Survivor

A diagnosis of chronic lymphocytic leukemia, or CLL, can leave you and your loved ones feeling uncertain, anxious, and overwhelmed. There are important treatment decisions to make, emotional concerns to manage, and insurance and financial paperwork to organize, among other practical concerns. It is.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. Conventional wisdom would be to get lots of rest, right? Sometimes doing the opposite “ forcing yourself to get up and go ” is what you actually need. Your diet is another important factor in how well you feel when you have leukemia. Why Leukemia Is So Tiring Chronic lymphocytic leukemia , or CLL, can cause persistent fatigue that leaves you physically, mentally, and emotionally exhausted “ so much so that it may interfere with your daily activities. This fatigue, which can be debilitating at times, happens for a number of reasons. First, CLL causes the number of healthy red blood cells in your system to drop. That can lead to feeling more tired and short of breath. And says John Salerno, DO, a physician who treats cancer patients at Patients Medical in New York City and author of the e-book *The Silver Cloud Diet*, treatment such as chemotherapy and radiation also promote fatigue because they affect the good cells of your body as they attack the cancer. Cells that normally keep you strong and energetic become weakened, Dr. Treating leukemia itself, and any accompanying anemia “ a low red blood cell count “ are the best ways to deal with fatigue, says oncologist Mikkael Sekeres, MD, director of the leukemia program at the Cleveland Clinic. But as your body is fighting off cancer, diet and exercise play key roles in how energized you feel, Salerno says. **Fatigue-Busting Strategies** Salerno and Dr. Sekeres recommend the following strategies to increase your energy while battling leukemia: Keep up with exercise. Salerno tells his patients to fight through the fatigue and get some exercise at least five days a week. Exercise is proven to help increase energy because it increases blood flow and sharpens the mind. Also, when you sweat your body releases toxins that will help you feel better, he says. If you can, get outside for a walk or bike ride because the fresh air alone will help, Salerno says. But even exercising indoors will give you benefits. You should start to notice a higher level of energy within a week. Sekeres recommends choosing low-impact exercises like walking or riding a bike. Reducing or eliminating highly refined foods in your diet, such as white flour and sugars, and focusing on foods such as organic fruits and vegetables and whole grains can help you regain your energy, Salerno says. Keeping toxins out of the body helps give your body a chance to repair itself. Leukemia and its treatment can deplete your vitamin stores, Salerno says, so you should replace them with a healthful diet and supplemental vitamins. At the very least, take a multivitamin, but Salerno strongly recommends seeing a nutritionist or holistic doctor in addition to your oncologist who can recommend vitamin therapies that can be coordinated with your traditional treatment. He gives his patients high doses of vitamin C with minerals and B-complex vitamins. But be sure that you keep your oncologist informed of any supplement you add. If not taken properly, vitamins can counter the effects of chemotherapy Be honest about your fatigue. Although fatigue is considered the most common side effect of leukemia treatment , being aware of it and knowing how to battle it will not only help you raise your energy level, but also help fight the disease.

Chapter 7 : Learning to Cope With Leukemia | MD Anderson Cancer Center

A diagnosis of acute lymphocytic leukemia (ALL) can leave you and your loved ones feeling uncertain, anxious and overwhelmed. There are important treatment decisions to make, emotional concerns to.

A Mayo Clinic physician talks with a woman about her diagnosis. Bone marrow biopsy Bone marrow biopsy In a bone marrow aspiration and biopsy, a doctor or nurse uses a thin needle to remove a small amount of liquid bone marrow, usually from a spot in the back of your hipbone pelvis. The second part of the procedure removes a small piece of bone tissue and the enclosed marrow. Doctors may find chronic leukemia in a routine blood test, before symptoms begin. If this happens, or if you have signs or symptoms that suggest leukemia, you may undergo the following diagnostic exams: Your doctor will look for physical signs of leukemia, such as pale skin from anemia, swelling of your lymph nodes, and enlargement of your liver and spleen. By looking at a sample of your blood, your doctor can determine if you have abnormal levels of red or white blood cells or platelets which may suggest leukemia. Your doctor may recommend a procedure to remove a sample of bone marrow from your hipbone. The bone marrow is removed using a long, thin needle. The sample is sent to a laboratory to look for leukemia cells. Specialized tests of your leukemia cells may reveal certain characteristics that are used to determine your treatment options. Treatment Treatment for your leukemia depends on many factors. Your doctor determines your leukemia treatment options based on your age and overall health, the type of leukemia you have, and whether it has spread to other parts of your body, including the central nervous system. Common treatments used to fight leukemia include: Chemotherapy is the major form of treatment for leukemia. This drug treatment uses chemicals to kill leukemia cells. Depending on the type of leukemia you have, you may receive a single drug or a combination of drugs. These drugs may come in a pill form, or they may be injected directly into a vein. Biological therapy works by using treatments that help your immune system recognize and attack leukemia cells. Targeted therapy uses drugs that attack specific vulnerabilities within your cancer cells. For example, the drug imatinib Gleevec stops the action of a protein within the leukemia cells of people with chronic myelogenous leukemia. This can help control the disease. Radiation therapy uses X-rays or other high-energy beams to damage leukemia cells and stop their growth. During radiation therapy, you lie on a table while a large machine moves around you, directing the radiation to precise points on your body. You may receive radiation in one specific area of your body where there is a collection of leukemia cells, or you may receive radiation over your whole body. Radiation therapy may be used to prepare for a stem cell transplant. A stem cell transplant is a procedure to replace your diseased bone marrow with healthy bone marrow. Before a stem cell transplant, you receive high doses of chemotherapy or radiation therapy to destroy your diseased bone marrow. Then you receive an infusion of blood-forming stem cells that help to rebuild your bone marrow. You may receive stem cells from a donor, or in some cases you may be able to use your own stem cells. A stem cell transplant is very similar to a bone marrow transplant. Request an Appointment at Mayo Clinic Clinical trials Explore Mayo Clinic studies testing new treatments, interventions and tests as a means to prevent, detect, treat or manage this disease. Coping and support A diagnosis of leukemia may be devastating especially for the family of a newly diagnosed child. Until then, you may find it helps to: Learn enough about leukemia to make decisions about your care. Ask your doctor about your leukemia, including your treatment options and, if you like, your prognosis. As you learn more about leukemia, you may become more confident in making treatment decisions. To avoid that, ask your doctor to write down as much information about your specific disease as possible. Then narrow your search for information accordingly. Write down questions for your doctor before each appointment, and look for information in your local library and on the internet. Keep friends and family close. Keeping your close relationships strong will help you deal with your leukemia. And they can serve as emotional support when you feel overwhelmed by cancer. Find someone to talk with. Find a good listener who is willing to listen to you talk about your hopes and fears. This may be a friend or family member. The concern and understanding of a counselor, medical social worker, clergy member or cancer support group also may be helpful. Ask your doctor about support groups in your area. Take care of yourself. Try to make time for yoga, cooking or other

favorite diversions. Preparing for your appointment Start by seeing your family doctor if you have signs or symptoms that worry you. If your doctor suspects you have leukemia, you may be referred to a doctor who specializes in diseases of the blood and bone marrow hematologist. What you can do Be aware of any pre-appointment restrictions. Write down key personal information, including any major stresses or recent life changes. Consider taking a family member or friend along. Sometimes it can be difficult to remember all the information provided during an appointment. Someone who accompanies you may remember something that you missed or forgot. Write down questions to ask your doctor. Your time with your doctor is limited, so preparing a list of questions can help you make the most of your time together. List your questions from most important to least important in case time runs out. For leukemia, some basic questions to ask your doctor include: Do I have leukemia? What type of leukemia do I have? Do I need more tests? Does my leukemia need immediate treatment? What are the treatment options for my leukemia? Can any treatments cure my leukemia? What are the potential side effects of each treatment option? Is there one treatment you feel is best for me? How will treatment affect my daily life? Can I continue working or going to school? I have these other health conditions. How can I best manage them together? Should I see a specialist? What will that cost, and will my insurance cover it? Are there brochures or other printed material that I can take with me? What websites do you recommend? What to expect from your doctor Your doctor is likely to ask you a number of questions. Being ready to answer them may allow more time later to cover other points you want to address. Your doctor may ask: When did you first begin experiencing symptoms? Have your symptoms been continuous or occasional? How severe are your symptoms? What, if anything, seems to improve your symptoms? What, if anything, appears to worsen your symptoms? Have you ever had abnormal blood test results?

Chapter 8 : Coping With a Leukemia Diagnosis - Leukemia Center - calendrierdelascience.com

Being diagnosed, or having a family member or friend diagnosed with a life-threatening illness, is extremely stressful. The often debilitating treatment that follows the diagnosis can compound this stress.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. With colorectal cancer, part of the bowel can be removed; so too with the lung. Those cancers require surgery, and perhaps treatment afterward. For leukemia, the process is more drawn out. But you also remember hearing that medical advances have increased survival rates for leukemia. And hope starts mixing with the fear. Here are the first five steps to take to gain control of the situation. Accept Your Diagnosis For adults and older children dealing with leukemia, learning about your diagnosis will be key. The unknown creates fear; so start doing some homework. The Web is a great place to start. Get familiar with the terminology. When you visit your doctor, have a list of questions, and pen and paper to write down the answers. You may want to ask: What drugs will I be getting, for how long and how often, and how will they be given? What about the side effects, even the long-shot ones? Why do you recommend this treatment plan; what about others? What can I do to lessen the side effects? Find Strength in Numbers Support groups for leukemia patients and their families can help ease the stress and confusion that accompanies this diagnosis. Kids with cancer can communicate more readily than ever before thanks to online communities at sites like CancerCare and Starlight. Goodman says that, while this can be overwhelming, it is normal. She recommends that families get over any fears they might have about asking others for help and allow those who care about them to pitch in during this tough time. For example, siblings of a child with leukemia can read to her, help her with homework, or watch a movie together. Try to maintain normalcy, especially for children.

Chapter 9 : Coping with Illness | Leukemia and Lymphoma Society

An acute leukemia diagnosis can make you feel as if the world has stopped -- for you, the patient, and for your loved ones. Before diagnosis there was grocery shopping, work, coffee dates and laundry. Now, suddenly, life is lab work, test results and an endless stream of medical professionals --many.

Your health care team can assist you with many of these concerns. You can also take steps on your own to find the support you need. Here are some hints for managing the practical and emotional concerns you may have after a CLL diagnosis: See a doctor who specializes in treating blood cancers. This kind of specialist is usually called a hematologist oncologist. To find a blood cancer specialist, ask your primary care doctor to recommend one, or contact a nearby cancer center. The National Cancer Institute www.nccih.gov. Talking openly with members of your team will help you feel more involved in your health care. Remember that you, too, are a key member of the team, so speak up about any concerns you may have. Understand the treatment plan your doctor is recommending. If this is the case for you, ask your doctor how he or she will decide when to recommend active treatment of your CLL. Make notes about symptoms or side effects you notice, and any other questions or concerns you have. This can help you keep track of issues to discuss with your doctor or health care team so that you can get the answers and support you need. You may find it helpful to take someone with you to your medical appointments. Taking notes during conversations with your health care team may be beneficial as well, as you will be able to review what was discussed at a later time. Try to avoid infections. Try to stay well by eating healthily and getting plenty of rest and regular exercise. Avoid being around people who are sick. Wash your hands thoroughly and often. See your doctor if you feel unwell or are running a fever. Share your thoughts and feelings. Opening up about your diagnosis with family members and friends is not always easy, but it can be helpful, both for you and for them. Talking to a trained counselor or oncology social worker can help you and your loved ones improve communication. It can be hard to ask for or accept help. Think about how your loved ones can support you in practical ways. This way, you can be prepared to suggest ways that they can help. For example, do you need help with household chores, rides to medical appointments, or managing financial paperwork?. Be good to yourself. Living with CLL is stressful. Take care of yourself by connecting with sources of strength, which may include activities like prayer, meditation or even taking a relaxing walk. Pamper yourself in small ways take a long, warm bath, read a good book, or buy yourself a small gift. A CLL diagnosis often comes as a shock, especially if you have had no symptoms and feel well. And watchful waiting, which is sometimes the best treatment option, can put a strain on your emotions. You may find it helpful to join a support group so you can connect with others who are going through similar experiences. Ask about financial help. Cancer often places a financial strain on the patient and his or her family. CancerCare provides limited financial grants to eligible individuals to help with treatment-related costs such as transportation to treatment and child care. Our social workers can also help you explore other sources of financial assistance.