

# Tips for EVERYDAY SUPPORT



If you are seeking support for managing your daily life while living with lymphoma, this tip sheet was developed with you in mind. With these tips, our hope is that you are able to regain control and feel confident as you communicate with your support team during your lymphoma treatment.\*

## Be informed

*Physicians (94%) and patients with lymphoma (97%) agree: being an informed lymphoma patient is important to ensuring effective communication between you and your doctor\*\**

- If you or a loved one want more information about your specific lymphoma type or living with cancer, tap into trusted sources like the Lymphoma Research Foundation, Cancer Support Community, National Cancer Institute or Leukemia and Lymphoma Society. For a list of helpful resources, visit [www.FramingLifeWithLymphoma.org](http://www.FramingLifeWithLymphoma.org).

## Bring questions with you

*44% of patients do not ask all of their questions during doctor's visits because they do not remember to ask them (25%).\*\**

- Prepare a list of questions or concerns prior to your appointment and bring them with you to help trigger your memory, such as "I experienced this side effect on this day", "My friend told me about this treatment", etc.

## Engage your support network

*65% of physicians said that having caregiver involvement may help patients talk more effectively about lymphoma and treatment options.\*\**

- Tap into your support network and be open with them about what you're going through and how they can support you – even if it's simple things, people truly do want to help.
- Ask your doctor, nurse or social worker for information about local support groups or contact the Cancer Support Community or the Lymphoma Research Foundation.

**For me, knowledge was most important. I had to make certain that I was totally informed of all my options. The information provided by the tip sheets would have been invaluable but they were not available when I was going through my treatment.**

– Jana C., follicular NHL patient

## Trust your instincts and always report side effects

- If you are concerned about a side effect of treatment or of the cancer itself, don't second guess yourself – contact your doctor or healthcare team immediately.
- Remember, the more information you provide to your healthcare team, the more equipped they will be to help you.

**For more information and support, please visit [www.FramingLifeWithLymphoma.org](http://www.FramingLifeWithLymphoma.org).**

\*Developed by the Cancer Support Community, with support from Teva Oncology, a team of healthcare professionals and lymphoma patients.

\*\*Based on a June/July 2010 survey of 150 hematologists/oncologists and 133 indolent lymphoma patients conducted online by Harris Interactive. For more information on the study findings, visit [www.FramingLifeWithLymphoma.org](http://www.FramingLifeWithLymphoma.org).

