

Tip Sheet for Patients DURING AND AFTER TREATMENT



If you have been living with lymphoma and continue to seek support, 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 treatment team and manage your life with lymphoma.*

Have a 24/7 plan

- Know how and where to seek 24/7 medical help. Ask your doctor to provide you with information on who to call, when to call and what to expect on the other end of the line.

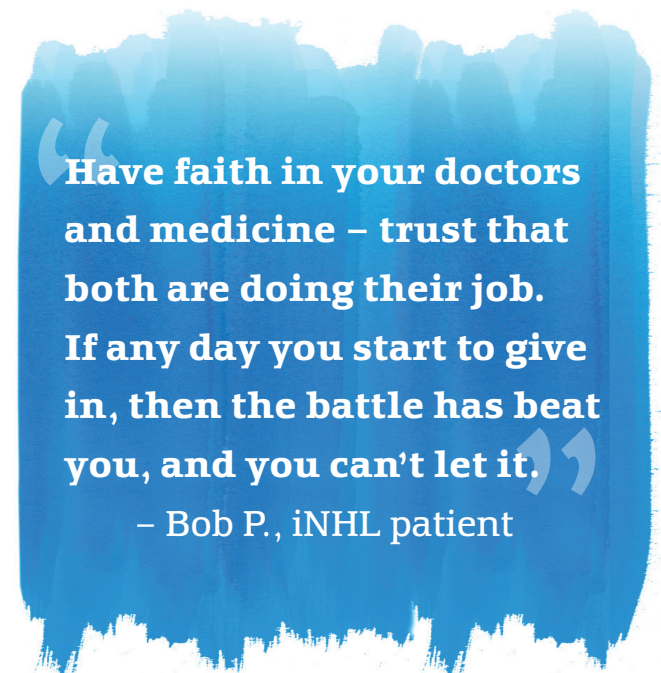
Consider your treatment options

*While determining a patient's treatment course, 93% of physicians reported that they had open conversations with their patients about their individual treatment concerns***

- Talk with your doctor about your lifestyle – do you like to travel, run, or fish? By discussing your hobbies and passions with your healthcare team, your treatment options may be broadened to include additional therapies. Ask about clinical trials, which may provide you with access to drugs which are not yet FDA approved, but are in the process of going through standardized and rigorous testing.

Take care of you

- During treatment, doing simple things, like eating and drinking, may take more effort than usual, but taking care of yourself and maintaining your normal eating and drinking habits is critical to keeping up strength. If you have trouble performing everyday activities, let your healthcare team know so they can further assess these symptoms.



Keep a journal

- Writing down how you are feeling physically and mentally, side effects you've experienced from treatment, and questions you may want to raise with your physician can be extremely helpful when sharing information with your healthcare team. These notes will also be extremely helpful when providing your healthcare team with information.

For more information and support, please visit 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.

