

# Tips for Everyday Support

## Living with Lymphoma

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

- 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.CancerSupportCommunity.org/lymphoma](http://www.CancerSupportCommunity.org/lymphoma).

### BRING QUESTIONS WITH YOU

Patients who felt like they had their information needs met reported higher satisfaction with their care.\*

- Prepare a list of questions or concerns prior to your appointment and bring them with you to help trigger your memory.

- Take notes or ask a caregiver or patient navigator to write down the answers.

### ENGAGE YOUR SUPPORT NETWORK

- 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 to ask about online or in-person groups.
- Visit [www.MyLifeLine.org](http://www.MyLifeLine.org) to create your own website about your cancer experience. Your friends and family can use the Helping Calendar to organize appointments, rides, meals, and other events you might need help with.

## TRUST YOUR INSTINCTS AND ALWAYS REPORT SIDE EFFECTS

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

### TALK WITH AN EXPERT

Have questions, concerns or looking for more resources? Call CSC's toll-free Cancer Support Helpline (888-793-9355). The Cancer Support Helpline staff are available to counsel cancer patients or their loved ones. Support is available in 200 languages Mon-Fri 9am-9pm ET and Sat-Sun 9am-5pm ET.

"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, follicular Non-Hodgkin lymphoma patient

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

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\*Based on a study of the 2016 respondents to the National Cancer Patient Experience survey.

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The Cancer Support Community provides this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

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