

# Tips for Patients During and After Treatment

## Living with Lymphoma

If you are 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 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

Talking with your care team about your emotional and social needs may improve your treatment experience.

- Talk with your doctor about your lifestyle—do you like to travel, run, or fish? By discussing your hobbies and passions with your health care team, your treatment options may be broadened to include additional therapies.
- Ask about clinical trials, which may provide you with access to treatments

that 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. 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 health care team know so they can further assess these symptoms.

### ASK FOR HELP

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.

## KEEP A JOURNAL

- Write down how you are feeling physically and mentally, side effects you've experienced from treatment, and questions you may want to ask your health care team. Bring these notes to your appointments.

## 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.

- Some patients find keeping a journal can be helpful in coping with their feelings with lymphoma.

"Have faith in your doctors and medicine — trust that both are doing their job. If any day you start to give in, then the battle has beat you, and you can't let it."

– Bob, indolent Non-Hodgkin lymphoma patient

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

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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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