

# Understanding Chronic Lymphocytic Leukemia: Communicating With Your Health Care Team

## Best practices when interacting with your health care team<sup>1,2</sup>



### Finding support

Support groups can provide patients and caregivers with emotional support and guidance from others with first-hand knowledge and experience with CLL.



### Taking care of overall health

CLL can sometimes seem all-consuming, but it is important to maintain overall health and keep up to date with health checks and vaccinations.



### Education

- Staying knowledgeable about CLL and treatment options helps you make better health care decisions
- Ensure you are using verifiable resources to educate yourself about CLL; your health care team can help you find reliable information



### Keeping organized records

Keeping your medical records and insurance information in one place is helpful in case of an emergency, if you have insurance issues, or if you switch providers.

### Self-advocacy

- Ask questions and be informed so you can actively participate in your ongoing care and disease management
- Write down questions/concerns as they arise between medical appointments to later discuss with your health care team

## Suggested questions to ask your health care team<sup>1</sup>

### DIAGNOSIS

- What stage is my CLL?
- Have you done any genetic or molecular testing on my CLL, and what do the results mean for me?

### MONITORING

- How often should I see my doctor?
- Do I need treatment now, or am I OK with just monitoring?

### A FUTURE WITH CLL

- How will CLL impact my everyday life?
- What will we do if my disease progresses?

### FINDING INFORMATION

- Where can I find reliable information?
- What other resources does the team or clinic have that I may find helpful?

### TREATMENT DECISIONS

- What are my treatment options, and what are the pros and cons of each?
- What side effects should I expect, and how can I best manage them?
- Where can I go to get information about the cost of this treatment?



Effective communication and shared decision-making with your health care team are important during each stage of the clinical journey and may positively impact your quality of life and clinical outcomes<sup>1,3</sup>

CLL, chronic lymphocytic leukemia.

1. Clements J, et al. *Future Oncol*. 2023;19(17):1197-1208. 2. CLL Society. Accessed November 11, 2024. <https://cllsociety.org/2022/03/vaccinations-for-patients-with-cll-sll> 3. Katz SJ, et al. *J Oncol Pract*. 2014;10(3):206-208.

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