

What can I do to help myself?

There is no evidence to suggest that you can do anything yourself to keep your FL from progressing. However, as you might need treatment in the future, you should prepare for this by getting yourself as healthy as possible. This might mean making changes to your lifestyle, such as:

- eating a healthy diet and trying to maintain a healthy weight
- not smoking
- limiting your alcohol intake
- doing regular exercise – this will also help with fatigue

You might also want to think about:

- reducing your stress levels
- finding time for the things you enjoy doing, such as your hobbies, travelling or seeing family and friends
- learning more about your follicular lymphoma so that you will be able to make an informed choice when you do need treatment



A Patient's Guide to

Watch & Wait for Follicular Lymphoma



Contact Lymphoma Canada for more information

Lymphoma Canada
6860 Century Avenue Suite 202
Mississauga, ON L5N 2W5
Telephone: 905.858.5967
www.lymphoma.ca



What is Follicular Lymphoma?

Follicular lymphoma (FL) is a cancer that develops when the body makes abnormal B lymphocytes (also called B cells). B lymphocytes are a type of white blood cell that works to fight infection and prevent disease as part of your immune system. It is called 'follicular' lymphoma because the cancerous lymphocytes often collect in lymph nodes in clusters that are known as 'follicles'. FL is the most common type of indolent (slow-growing) non-Hodgkin lymphoma, and typically affects middle-aged or older adults.

What is 'Watch & Wait'?

Many people newly diagnosed with follicular lymphoma (FL) do not need immediate anti-cancer treatment. FL often progresses slowly and may not cause any problems for a period of time. Instead, patients will be regularly monitored by their oncologist for months or years until the cancer changes and treatment is considered necessary.

This is called '**watch and wait**' or '**watchful waiting**'.

Once a patient has been treated, the watch and wait phase starts again, as their oncologist will begin to monitor them for a potential return of their cancer.

Clinical trials have compared watch and wait with giving chemotherapy treatment immediately. These have shown that people who are monitored in this way do as well or better than those given treatment immediately



