Chronic Lymphocytic Leukemia

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These NCCN Guidelines for Patients are based on the NCCN Guidelines® for Chronic Lymphocytic Leukemia/Small Lymphocytic Lymphoma, Version 3.2021 – March 11, 2021.
Endorsed by

Aplastic Anemia and MDS International Foundation (AAMDS)
An organization that strongly supports educating patients and physicians about bone marrow failure diseases like aplastic anemia, MDS, and PNH, as well as related diseases like AML, the Aplastic Anemia and MDS International Foundation is proud to support this comprehensive resource for patients and their families. aamds.org

CLL Society
CLL Society is an inclusive, patient-centric, physician-curated nonprofit organization that addresses the unmet needs of the chronic lymphocytic leukemia (CLL) community through patient education, advocacy, support, and research. cllsociety.org

The Leukemia & Lymphoma Society
The Leukemia & Lymphoma Society (LLS) is dedicated to developing better outcomes for blood cancer patients and their families through research, education, support and advocacy and is happy to have this comprehensive resource available to patients. llse.org/patientsupport

To make a gift or learn more, please visit NCCNFoundation.org/donate or e-mail PatientGuidelines@nccn.org.
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Chronic lymphocytic leukemia (CLL) is a type of blood cancer. Read this chapter to learn about leukemia and how CLL differs from other leukemias.

Leukemia basics

Blood cancers affect how blood cells are made and work. There are 3 main types of blood cells:

- Red blood cells (also called erythrocytes)
- White blood cells (leukocytes)
- Platelets (thrombocytes)

Red blood cells carry oxygen throughout the body. White blood cells help fight germs. Platelets help control bleeding.

Leukemia cells

Leukemia is the most common type of blood cancer. It is a cancer of white blood cells or cells that become white blood cells.

Bone marrow

Most bones have a soft center called marrow. In bone marrow are hematopoietic (blood) stem cells from which all blood cells are formed. They form into either lymphoid or myeloid progenitor cells. Progenitor cells make young blood cells called blasts. Blasts become mature blood cells.

Myeloblasts are young myeloid cells that form into 2 types of white blood cells.

- Granulocytes, which include basophils, neutrophils, and eosinophils
- Monocytes

Types of white blood cells

White blood cells are part of myeloid and lymphoid cell lines. Basophils, neutrophils, and eosinophils are myeloid cells called granulocytes. Monocytes are another type of myeloid cell. B lymphocytes, T lymphocytes, and natural killer cells are lymphoid cells called lymphocytes.
Lymphoblasts are young lymphoid cells that form into lymphocytes. There are 3 types of lymphocytes:

- B lymphocytes (also called B cells)
- T lymphocytes (T cells)
- Natural killer cells

Leukemia causes many abnormal white blood cells to form. The abnormal blood cells are called leukemia cells. Leukemia cells may fill up bone marrow leaving little room for healthy blood cells.

**Blood**

Normally, mature blood cells leave bone marrow and enter the bloodstream. From the bloodstream, blood cells are released into tissue.

People with leukemia have leukemia cells in their blood. The leukemia cells are young or partly mature blood cells. They don’t work as they should.

**Lymph system**

The bloodstream transports mature lymphocytes to the lymph (or lymphatic system). The lymph system is a network of tissues and a fluid called lymph.

Lymph travels in a “super highway” of tube-shaped vessels that are throughout the body. As it travels, it passes through lymph nodes (also called “glands”). Lymph nodes filter out germs and waste.

Leukemia cells may travel to the lymph system. The leukemia cells can build up in lymph tissue causing the tissue to swell. Enlarged lymph nodes are a common symptom of leukemia.
Types of leukemia

There are many types of leukemia. They differ by which type of blood cell is affected. How fast the leukemia worsens is partly based on the affected blood cell.

Acute leukemia

Acute leukemia often worsens quickly and causes symptoms. Treatment is often needed right away.

Acute leukemia affects immature blood cells. The immature blood cells make leukemia cells that are unable to make mature cells.

- Acute lymphoblastic leukemia (ALL) affects lymphoid cells that make many abnormal lymphoblasts.
- Acute myeloid leukemia (AML) affects myeloid cells that make many abnormal myeloblasts.

Chronic leukemia

Chronic leukemia often worsens slowly. People with chronic leukemia may not have symptoms or need treatment right away.

Chronic leukemia affects mature blood cells. They make leukemia cells that can perform some of their normal functions.

- Chronic lymphocytic leukemia (CLL) affects lymphoid cells that make many abnormal B cells.
- Chronic myeloid leukemia (CML) affects myeloid cells that make many abnormal granulocytes.

CLL and SLL

CLL is the most common leukemia in adults. It is a cancer of B cells. The B cells look almost normal but don’t function correctly. They can’t fight infections well. CLL often worsens slowly but for some people, it worsens quickly.

CLL and SLL (small lymphocytic lymphoma) are the same cancer. They differ by the location of the cancer cells. With CLL, many cancer cells are found in the blood and bone marrow. Cancer cells may be in lymph nodes and the spleen. With SLL, there are few, if any, cancer cells in the blood. Instead, the cancer cells are mainly in lymph nodes and the spleen.

CLL is not often cured, but it can be treated. For many people, treatment can keep CLL under control for long periods of time. Treatment of CLL and SLL is very similar.
Review

- Leukemia is a cancer of white blood cells or cells that become white blood cells. Leukemia cells are often found in bone marrow, blood, and lymph tissue.

- Acute leukemia worsens quickly. Chronic leukemias often worsen slowly.

- CLL is a type of chronic leukemia. It is a cancer of B lymphocytes.

- CLL and SLL are the same cancer. They differ by the location of the cancer cells. Treatment of the cancers is very similar.
2 Tests for CLL

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13 Cancer cell tests
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18 Imaging
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If your doctor suspects that you have CLL, several tests are needed. There are many types of B cell cancers. It is important to get the right tests for a correct diagnosis. Other tests are needed to learn more about the cancer and your health.

### Reasons to test

Many people feel healthy when diagnosed with CLL. A cancer diagnosis can be a shock. People don’t expect to have cancer when they feel well.

Most often, CLL is found because of routine blood work. A complete blood count (CBC) is a common blood test that measures the number of blood cells. A high number of lymphocytes is often the first sign of CLL.

Less often, CLL is found because of painless, swollen lymph nodes. Lymph nodes are also called glands. Swollen lymph nodes may get smaller then swell up again. Swelling of lymph nodes occurs in multiple parts of the body.

Most people don’t have symptoms of CLL at diagnosis. When people do have symptoms, health care providers might not suspect cancer at first. Symptoms of CLL are caused by other health problems, too. A common symptom of CLL is fatigue, but other causes of fatigue include anemia, stress, inactivity, and medications.

If your health care provider suspects CLL, more testing is needed. The tests needed to diagnose and plan treatment are described on the next pages and are listed in **Guide 1**.

### Guide 1

**Tests for CLL that are needed**

| **Cancer cell tests** | • Flow cytometry of blood or immunohistochemistry of lymph tissue or bone marrow  
| • FISH  
| • DNA sequencing  
| • CpG-stimulated karyotype |
| **Health history and exam** | • Medical history including B symptoms  
| • Physical exam including spleen, liver, and areas with many lymph nodes  
| • Performance status |
| **Blood tests** | • CBC with differential  
| • Comprehensive metabolic panel |
Cancer cell tests

Hematopathologists are experts at diagnosing cancers of blood and immune cells. They spend much of their time working with samples of blood, bone marrow, and lymph tissue in a lab.

Lab results used for diagnosis are included in a pathology report. This report will be sent to your cancer doctor. Ask for a copy. It is used to plan your treatment. Your doctor will review the results with you. Take notes and ask questions.

Diagnosis
Most often, blood is tested to diagnose CLL. The hematopathologist will test your blood using a procedure called flow cytometry.

A diagnosis of CLL is made based on 3 test results.

- The leukemia cells often have a specific pattern of proteins on their surface (immunophenotype) that includes CD5, CD19, and CD23, some CD20, and no CD10 proteins.
- The leukemia cells are copies of the same cell (monoclony).
- There are at least 5,000 monoclonal B lymphocytes in blood (5 x 10^9/L).

If a diagnosis is not confirmed with flow cytometry of blood, lymph nodes or bone marrow can be tested. Removal of whole or partial nodes (excisional or incisional

Immunophenotyping

Chronic lymphocytic leukemia often has a common pattern of surface proteins on its cells. An example of these proteins is CD20, which is found on B cells. Identifying common proteins is called immunophenotyping. Lab procedures that detect surface proteins are flow cytometry and immunohistochemistry.

![Cell membrane and CD20 protein](https://commons.wikimedia.org/w/index.php?curid=39933221)
biopsy) should be done when possible. Needle biopsies are not the best method but can be done when the other biopsies are not safe. The hematopathologist will examine tissue samples using a microscope. Cell proteins will be studied with immunohistochemistry (IHC).

**Rule out mantle cell lymphoma**
Mantle cell lymphoma is closely related to CLL and needs to be ruled out. Unlike CLL, mantle cells have high levels of cyclin D1 and CD200 proteins but no LEF1.

**Prognosis and treatment planning**
Genetic information tells your cells what to do. It is located in the nucleus of a cell and stored in 46 long strands of DNA. A gene is a small segment of DNA. Strands of DNA are carried and protected in 23 chromosomes.

Doctors use genetic biomarkers to predict the outlook (prognosis) of CLL. Biomarkers are also used to plan treatment. They are identified with lab tests of blood or bone marrow.

- Fluorescence in situ hybridization (FISH) can show missing parts of chromosomes and extra chromosomes. In CLL, the leukemia cells may have 11q, 13q, or 17p deletions. The cells may have an extra copy of chromosome 12 called trisomy 12.
- DNA sequencing is used to look for mutations in TP53 and IGHV genes.
- A karyotype can show defects in chromosomes. A complex karyotype is 3 or more unrelated defects in chromosomes that occur in more than one cell.

**Genetic information**
The nucleus is the control center or “brain” of cells. Within the nucleus is genetic information that tells the cells what to do. The information is stored in DNA, which looks like a twisted ladder. Genes are segments of DNA that contain “instructions” for the cell. At times, strands of DNA tightly coil and form into chromosomes.
Health history and exam

Your cancer doctors need to have all of your health information. A complete report of your health is called a medical history. Your doctor will also perform a physical exam of your body. An exam is done to find signs of disease and decide which treatments may be options.

Your history
Your doctor will ask about any health problems and treatments during your lifetime. When you meet with your cancer doctors, be ready to talk about:

- Illnesses
- Injuries
- Health conditions
- Symptoms
- Medications and supplements

CLL can cause “B symptoms.” Be sure to let your doctor know if you have any of these B symptoms:

- Fevers when there’s no infection
- Heavy night sweats
- Unexplained weight loss

Family history
Be prepared to discuss the health problems of your close blood relatives. Such family members include brothers, sisters, parents, and grandparents. Some cancers and other health conditions can run in families. Family members of people with CLL are 7 to 8 times more likely to develop CLL.
Physical exam
Leukemia cells can build up in lymph nodes, the spleen, and the liver causing them to swell. Your doctor will gently press on your body to assess their size. Areas that have lots of lymph nodes include the middle of your chest, neck, throat, armpit, groin, pelvis, and along your gut.

During this exam, also expect the following to be checked:

- Your body temperature
- Your blood pressure
- Your pulse and breathing rate
- Your weight
- How your lungs, heart, and gut sound
- How your eyes, skin, nose, ears, and mouth look
- The size of your organs
- Level of pain when you are touched

Performance status
Based on your history and exam, your doctor will rate your performance status. Performance status is your ability to do day-to-day activities. The Eastern Cooperative Oncology Group (ECOG) Performance Status is a common scoring system. It consists of five scores. Lower scores represent a higher ability to do self-care.

Blood tests
Blood tests can measure blood cells, proteins, and chemicals in the bloodstream. A blood draw removes a sample of blood for testing. It is done with a needle inserted into a vein. You may need to fast from food and most liquids for hours before the draw.

CBC with differential
If not done recently, a CBC with differential is needed. A CBC measures parts of the blood including counts of white blood cells, red blood cells, and platelets. A differential measures the counts of each type of white blood cell and checks the balance of the counts. The white blood cell and lymphocyte counts are high at diagnosis. Other blood counts may be low.

Comprehensive metabolic panel
A comprehensive metabolic panel often includes tests for up to 14 chemicals in blood. Abnormal levels may mean your kidneys and liver are not working as they should.

Other blood tests
Some people with CLL may get other blood tests. Other elements in the blood that may be measured are:

- Quantitative immunoglobulins to assess your risk of infections
- Haptoglobin, reticulocytes, and Coombs tests to assess if your body is attacking your red blood cells
- Beta-2 microglobulin and lactate dehydrogenase (LDH) to assess for advanced CLL
Tests for CLL that may be useful

**Guide 2**

**Tests for CLL that may be useful**

<table>
<thead>
<tr>
<th>Blood tests</th>
<th>Bone marrow tests</th>
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<tbody>
<tr>
<td>• Quantitative immunoglobulins</td>
<td>• Bone marrow biopsy and aspirate</td>
</tr>
<tr>
<td>• Reticulocyte count, haptoglobin, and direct antiglobulin (Coombs) test</td>
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<tr>
<td>• Beta-2 microglobulin</td>
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<tr>
<td>• LDH</td>
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<tr>
<td>• Uric acid</td>
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<td>• Hepatitis B and hepatitis C test</td>
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<table>
<thead>
<tr>
<th>Imaging</th>
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<tbody>
<tr>
<td>• Diagnostic CT of chest, abdomen, and pelvis if needed</td>
<td></td>
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<tr>
<td>• PET/CT to direct biopsy of lymph node if Richter’s transformation suspected</td>
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<tr>
<th>Heart test</th>
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<tr>
<td>• Echocardiogram or MUGA scan if needed</td>
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<tr>
<th>Fertility and pregnancy</th>
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<tbody>
<tr>
<td>• Pregnancy test</td>
<td></td>
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<tr>
<td>• Fertility counseling as needed</td>
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</tbody>
</table>
Imaging

Imaging makes pictures of the insides of your body. It is sometimes used to detect cancer that is deep in the body. Not all people with CLL will need imaging.

**Diagnostic CT**
Computed tomography (CT) makes a more detailed image than a plain x-ray. It takes many pictures of your body from different angles using x-rays. A computer then combines the pictures to make a 3-D image. Contrast and a higher dose of radiation are used for a diagnostic CT.

Diagnostic CT of your chest, abdomen, and pelvis may be needed for 2 reasons. One reason is to look for enlarged lymph nodes that may be causing symptoms. Another reason is to assess the extent of the cancer before starting a treatment called venetoclax. Venetoclax can cause a rare but serious health problem called tumor lysis syndrome.

**PET/CT-directed needle biopsy**
Sometimes CT is combined with PET (positron emission tomography). PET detects even small amounts of cancer with a radiotracer and special camera. PET/CT is useful if your doctor thinks that CLL is turning into a fast-growing cancer called Richter’s transformation. It can show the best area to biopsy. The removed tissue will be tested to confirm if the leukemia has changed.

Heart test

A cancer treatment called anthracyclines may damage your heart. It is used to treat CLL that has transformed into a faster-growing cancer.

To plan treatment, your doctor may test how well your heart pumps blood. You may get an echocardiogram or multigated acquisition (MUGA) scan. An echocardiogram uses ultrasound to make pictures of your heart. A MUGA scan makes pictures using an injected radiotracer and special camera.

“Meeting with and learning from other CLL patients is one of the best sources of emotional and educational support that I have seen. In a CLL support group we can share our feelings, experiences, and encouragement with the only ones who are able to see CLL from the inside out - the patients!”

– Barbara
Fertility and pregnancy

Many people have healthy babies despite cancer and its treatment. If you wish to have a baby, there are important steps to take before treatment. Even if you are unsure, talk to your cancer care team.

Fertility counseling
Some cancer treatments can damage body parts that are needed to have a baby. Not being able to have a baby is called infertility. It can happen to people of any gender. Ask your cancer doctor if you are at risk for infertility.

You may receive a referral to a fertility specialist. A fertility specialist is an expert in helping people have babies. The fertility specialist can explain how you may be able to have a baby after treatment. Collecting and freezing sperm or eggs is a common method.

Pregnancy test
Some cancer treatments can harm an unborn baby. Get a pregnancy test before treatment if you may be pregnant. Your treatment options will depend on the results.

Birth control
During treatment, don’t get pregnant or get someone pregnant. Take steps to prevent pregnancy. Your cancer care team can tell you which birth control methods are best to use.

Review

- Tests of CLL may be done because of high lymphocyte counts, swollen nodes, or symptoms.
- A diagnosis of CLL is made based on tests of blood, bone marrow, or lymph nodes. Hematopathologists look for very high numbers of abnormal B cells. They also look for proteins that are common and uncommon to CLL cells.
- Doctors use genetic biomarkers to assess prognosis and plan treatment.
- Be ready to tell your doctors about any health problems and treatments you’ve had in your lifetime.
- Tell your doctors about any recent fevers, night sweats, and unexplained weight loss. These can be symptoms of CLL.
- Your doctors will rate your ability to do day-to-day activities in order to decide your treatment options.
- Your doctors will order blood tests and use the results to plan treatment.
- Your bone marrow may be tested to find the cause of low blood cell counts.
- Imaging allows doctors to look inside your body for cancer in tissue.
- You may get a heart test to see if you’re healthy enough to have certain cancer treatments.
- Ask your cancer doctors if you are at risk for infertility. There are ways to have a healthy baby after cancer treatment.
- Before starting treatment, get a pregnancy test. Some cancer treatments can harm unborn babies.
3 Watch and wait

- 21 Waiting is safe
- 21 Wellness while you wait
- 23 When to start treatment
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Watch and wait

CLL does not always need to be treated right away. Your doctors will regularly assess the cancer and start treatment when needed. This approach is called watch and wait.

Waiting is safe

You may start treatment for CLL months or years after diagnosis. Some people never start treatment.

CLL is unlike many cancers. It often worsens very slowly. It is commonly found before it causes symptoms. Years may pass before CLL worsens to the point of needing treatment. Many people with CLL have normal lifespans.

Current research has shown that delaying treatment is safe for many people. Ongoing research is testing whether to delay or start newer treatments of CLL. There are 3 main reasons for delaying treatment.

- Early treatment of CLL does not lengthen life
- Treatment may cause health problems called side effects
- There may be better treatments in the future

Wellness while you wait

Watch and wait is a period of testing for changes in cancer status. It is also called observation, active surveillance, and watchful waiting. During watch and wait, your cancer care team will monitor your symptoms and blood counts. Watch and wait can go on for years.

During watch and wait, you can take care of your health in several ways. First, go to your health appointments. Do not skip or delay them. Second, find support. Watch and wait can cause worry or anxiety. Support groups or professional support may be helpful. Third, live a healthy lifestyle to improve your overall health.

NCCN has resources to help you during watch and wait. NCCN has a two-part book series on survivorship care. A person is a cancer survivor starting at diagnosis and through the balance of their life. The survivorship book on healthy living focuses on:

- Being physically active and avoiding inactivity
- Eating healthful foods
- Limiting or avoiding drinking alcohol
- Achieving and maintaining a normal body weight
- Not using tobacco
- Avoiding infections and getting safe vaccines
Read about preventing poor health in *NCCN Guidelines for Patients: Survivorship Care for Healthy Living*, available at [NCCN.org/patientguidelines](http://NCCN.org/patientguidelines). In this book on CLL, recommendations for vaccines are given in chapter 5.

The other survivorship book addresses late and long-term effects of cancer and treatment. Such effects include fatigue, poor sleep, and heart disease. Read about common effects in *NCCN Guidelines for Patients: Survivorship Care for Cancer-Related Late and Long-Term Effects*, available at [NCCN.org/patientguidelines](http://NCCN.org/patientguidelines).

Everyone with cancer has some distress at some point in time. Distress is normal. Read about treating distress in *NCCN Guidelines for Patients: Distress During Cancer Care*, available at [NCCN.org/patientguidelines](http://NCCN.org/patientguidelines).

“The key to managing fear is in making informed decisions. Stay positive, make a plan for yourself and go forward one step at a time.”

– Ted
When to start treatment

Talk with your doctor about starting treatment. Share your wishes and concerns. Your doctors will assess starting treatment based on the cancer stage, signs, and symptoms.

Rai stages
A cancer stage is a rating by your cancer care provider that suggests the outcome of the cancer. The Rai staging system is commonly used for CLL. It consists of 5 cancer stages ranging from stage 0 to stage 4. Often, the stages are written with Roman numerals—stages 0, I, II, III, and IV.

The Rai staging system is based on how lymphocytes are affecting the body. In all stages, there are many abnormal lymphocytes in the body. In stage 0, the lymphocytes are not having a major effect on lymphoid tissue, the liver, or bone marrow. In stages 1 and 2, the lymphocytes are causing swelling of the lymph nodes, spleen, or liver. In stages 3 or 4, the lymphocytes in bone marrow are causing a drop in the number of red blood cells or platelets. The criteria for each stage are listed in Guide 3.

Guide 3
Criteria for Rai stages of CLL

<table>
<thead>
<tr>
<th>Rai 0</th>
<th>Rai 1</th>
<th>Rai 2</th>
<th>Rai 3</th>
<th>Rai 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>many lymphocytes (lymphocytosis)</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>enlarged lymph nodes (lymphadenopathy)</td>
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<td>●</td>
<td>●</td>
<td>●</td>
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<tr>
<td>enlarged spleen, liver, or both (organomegaly)</td>
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<td></td>
<td>●</td>
<td>●</td>
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<tr>
<td>low numbers of red blood cells (anemia)</td>
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<td></td>
<td>●</td>
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<tr>
<td>low numbers of platelets (thrombocytopenia)</td>
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● required criterion  ● may occur
The 5 stages can be condensed into 3 risk groups.

- Stage 0 has a **low risk** of getting worse.
- Stages 1 and 2 have an **intermediate risk** for getting worse.
- Stages 3 and 4 have a **high risk** for getting worse.

**Reasons to treat**

In general, treatment is started when the effects of cancer become worse than its treatment. At this point, treatment may make you feel better. A high white blood cell count by itself is not a reason to treat CLL. Reasons to start treatment are listed by Rai stage in Guide 4.

Rai stage 0, stage 1, and stage 2 are early stages of CLL. Early-stage CLL often does not need to be treated right away. Treatment is started when there are major signs or symptoms that the cancer is getting worse. Another reason to start treatment is if there’s a clinical trial. A clinical trial is a type of health research. There may be a trial of new ways to treat CLL.

Rai stage 3 and stage 4 are advanced stages of CLL. Treatment is started when one or more blood cell counts are low and keep dropping. You may be able to delay treatment if your counts aren’t too low and don’t drop more.

### Guide 4

**Reasons to start treatment**

<table>
<thead>
<tr>
<th>Rai stage 0</th>
<th>Rai stage 1</th>
<th>Rai stage 2</th>
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<tbody>
<tr>
<td>You can enroll in a clinical trial</td>
<td>You have major symptoms of CLL</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Severe fatigue</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Night sweats</td>
<td></td>
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<tr>
<td></td>
<td>• Weight loss</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Fever without an infection</td>
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</tr>
<tr>
<td></td>
<td>One or more of your organs may stop working soon</td>
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</tr>
<tr>
<td></td>
<td>The size of your spleen or lymph nodes is very large and getting larger</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The number of red blood cells is low (anemia) and getting lower</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The number of platelets is low (thrombocytopenia) and getting lower</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Your body is killing your blood cells (autoimmune cytopenia) and treatment with steroids is not working</td>
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<table>
<thead>
<tr>
<th>Rai stage 3</th>
<th>Rai stage 4</th>
</tr>
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<tbody>
<tr>
<td>The number of blood cells is low (cytopenia) and getting lower</td>
<td></td>
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</table>
Early treatment of CLL does not lengthen life. Clinical trials are testing if starting new treatments early will improve results.

Your doctors will regularly check the status of CLL during watch and wait.

You can take care of your health by going to appointments, finding support, and living healthfully.

Treatment is started based on your wishes and the stage, signs, and symptoms of CLL.
4

Advances in treatment

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There have been several breakthroughs in the treatment of CLL. Newer treatments are better at controlling the cancer and improving quality of life. Despite improved treatment, a cure is still needed. Better treatments are made possible with clinical trials.

### Beyond chemotherapy

Treatment for CLL has greatly improved in recent years. The means by which newer treatments work is more specific to how leukemia cells live, survive, and die. This section describes some of the advances in treatment.

#### Chemotherapy

Chemotherapy alone was once the standard treatment of CLL. It didn’t have great results. Chemotherapy is a term for drugs that kill rapidly dividing cells. In general, cancer cells rapidly divide but so do some normal cells. The death of normal cells often causes health problems during chemotherapy.

Health problems caused by treatment are called side effects. All cancer treatments have side effects. Newer treatments for CLL affect normal cells less so than chemotherapy. They can cause serious side effects but have fewer serious side effects than chemotherapy.

Chemotherapy is now used with other cancer drugs. If your health is fairly good, your treatment may include a purine analogue. Purine analogues include fludarabine, cladribine, and pentostatin. If your health is poor, you may get chemotherapy drugs called alkylating agents. Bendamustine, cyclophosphamide, and chlorambucil are alkylating agents. Other types of chemotherapy may be used if CLL transforms into a cancer called lymphoma.

#### Antibody treatment

Treatment of CLL improves with antibody treatment. Antibodies are natural proteins in the body. They can also be made in a lab to treat cancer. Antibodies for CLL are designed to attach to proteins on cancer cells. They mark the cells so that the immune system can find and destroy them.

The most common antibody treatment for CLL is CD20 antibodies. CD20 is a protein that is only on the surface of B cells. CD20 antibodies include obinutuzumab (Gazyva®), ofatumumab (Arzerra®), and rituximab (Rituxan®). They may be used alone or with other medications to treat CLL.

Chemoimmunotherapy for CLL consists of chemotherapy and CD20 antibodies. It produces excellent results in a subset of people with CLL. Not everyone with CLL can take chemoimmunotherapy. It may cause too many side effects or won’t work.

Another antibody used to treat CLL is alemtuzumab (Campath®). It attaches to CD52. CD52 is on the surface of T cells and B cells. Alemtuzumab has had good results in a subset of people for whom CD20 is not an option. It is not used much due to its side effects and since there are other good treatment options.

#### BCR pathway blockers

The B cell receptor (BCR) is a protein on the surface of B cells. It triggers a chemical
pathway in B cells that signals for the cells to stay alive and make new cells. Cancer drugs that block the BCR pathway are a breakthrough in the treatment of CLL. Blocking the BCR pathway causes the cells to die.

Bruton’s tyrosine kinase (BTK) inhibitors are a key treatment of CLL. BTK is a protein in the BCR pathway. BTK inhibitors block BTK, which stops the growth signal from BCR. Acalabrutinib (Calquence®), ibrutinib (Imbruvica®), and zanubrutinib (Brukinsa™) are BTK inhibitors.

PI3K is another protein in the BCR pathway. PI3K inhibitors block PI3K and stop the BCR growth signal. Idelalisib (Zydelig®) targets one form of PI3K called delta. Duvelisib (Copiktra™) targets two forms of PI3K—delta and gamma.

BCL-2 pathway blockers
BCL-2 is a protein inside of B cells that helps prevent cell death. In CLL, BCL-2 may build up and stop the cancer cells from dying. Venetoclax (Venclexta®) is a BCL-2 inhibitor that allows the cancer cells to self-destruct. It can cause severe side effects.

Clinical trials
A clinical trial is a type of medical research. After being developed in a laboratory, potential ways of fighting cancer are studied in people enrolled in clinical trials. If found to be safe and effective in a clinical trial, a drug, device, or treatment approach may be approved by the U.S. Food and Drug Administration (FDA).

Everyone with cancer should carefully consider their treatment options. A clinical trial may be an option in addition to standard treatment. Talk to your doctor about whether a clinical trial may make sense for you.

Phases
Most cancer clinical trials focus on treatment. Treatment trials are done in phases.

- Phase I trials study the safety and side effects of an investigational drug or treatment approach.
- Phase II trials study how well the drug or approach works against a specific type of cancer.
- Phase III trials test the drug or approach against a standard treatment. If the results are good, it may be approved by the FDA.
- Phase IV trials study the long-term safety and benefit of an FDA-approved treatment.

Rules for joining
Every clinical trial has rules for joining, called eligibility criteria. The rules may be about age, cancer type and stage, treatment history, or general health. These requirements ensure that participants are alike in specific ways.

Improving treatment
Despite advances in treatment, more research is needed. Research is needed because current treatments rarely cure CLL. Without a cure, many people live with side effects from long-term treatment. Other people stop treatment then restart when CLL worsens. People with CLL are at risk of life-threatening infections.
Informed consent
Clinical trials are managed by a group of experts called a research team. The research team will review the study with you in detail, including its purpose and the risks and benefits of joining. All of this information is also provided in an informed consent form. Read the form carefully and ask questions before signing it. Take time to discuss with people you trust. Keep in mind that you can leave and seek treatment outside of the clinical trial at any time.

Start the conversation
Don’t wait for your doctor to talk about clinical trials. Start the conversation. If you find a study of interest, ask your treatment team if you meet the requirements. Try not to be discouraged if you cannot join. New clinical trials are always becoming available.

Frequently asked questions
There are many myths and misconceptions about clinical trials. The possible benefits and risks are not well understood by many with cancer.

What if I get the placebo?
A placebo is an inactive version of a real medicine. Placebos are almost never used alone in cancer clinical trials. All participants receive cancer treatment. You may receive a commonly used treatment, the investigational drug(s), or both.

Do I have to pay to be in a clinical trial?
Rarely. It depends on the study, your health insurance, and the state where you live. Your treatment team and the research team can help determine if you are responsible for any costs.

Review
- Chemotherapy by itself does not produce great results in CLL. It also can cause several severe side effects.
- Several advances in treatment have been made. Newer treatments include immunotherapy, BTK and PI3K inhibitors, and BCL-2 inhibitors.
- Despite advances in treatment, a cure for CLL is still needed.
- Clinical trials test potential new ways of fighting cancer in people.
- Ask your treatment team about the option of a clinical trial.

Finding a clinical trial

In the United States
NCCN Cancer Centers
NCCN.org/cancercenters

The National Cancer Institute
cancer.gov/about-cancer/treatment/clinical-trials/search

Worldwide
The U.S. National Library of Medicine
clinicaltrials.gov/

Need help finding a clinical trial?
1.800.4.CANCER (1.800.422.6237)
cancer.gov/contact
5

Treatment of CLL

31 Biomarker tests
32 First-line treatment
34 Supportive care
36 Treatment response
37 CLL in remission
38 Second-line treatment
40 Richter’s transformation
41 Review
Not everyone with CLL receives the same treatment. Discuss the options in this chapter with your doctor. Your doctor will tailor treatment to you.

**Biomarker tests**

CLL differs between people. There are differences in leukemia cells called biomarkers. Because of biomarkers, a treatment that helps one person might not help you.

Some biomarkers may change during watch and wait and after treatment starts. Before each line of treatment, your doctor should test the cancer again. There are 4 important lab tests:

- Fluorescence in situ hybridization (FISH) for 17p deletion
- DNA sequencing for *TP53* mutation
- DNA sequencing for *IGHV* mutation if not done before
- CpG stimulation for complex karyotype

**17p deletion**

One biomarker that differs between people with CLL is called 17p deletion. A 17p deletion is a missing part of chromosome 17. It is sometimes written as del(17p). When 17p is deleted, a gene called *TP53* is deleted, too.

The *TP53* gene contains instructions for building a protein called p53. The p53 protein is needed to repair damaged DNA and start the process for cells beyond repair to die. p53 is absent in leukemia cells if there is a 17p deletion. Leukemia cells without p53 can make more leukemia cells and can survive chemotherapy.

**TP53 mutation**

In leukemia cells that have 17p, the *TP53* gene may be mutated. A mutated *TP53* gene causes the p53 protein to be abnormal. The abnormal p53 is unable to do its job. The leukemia cells will make more leukemia cells and survive chemotherapy.

**IGHV mutation**

Mutations in leukemia cells are almost always a bad thing. One exception is mutated *IGHV* region genes that cause mutated *IGHV* receptors. These mutations mean the leukemia cells formed from more mature B cells. When B cells are more mature, the leukemia worsens more slowly and responds better to chemotherapy. If not done before, testing for *IGHV* mutation status is needed before first-line treatment.

**Complex karyotype**

A complex karyotype is 3 or more unrelated defects in chromosomes that occur in more than one cell. A complex karyotype suggests worse outcomes, but more research is needed. Prognosis may depend on the type of defect, number of defects, and combination of defects in the cells. In fact, some complex karyotypes may suggest a good outcome. In general, a complex karyotype may limit how well BTK inhibitors work.
First-line treatment

Before first-line treatment, you may undergo imaging. Imaging is done to see if lymph nodes, the spleen, and the liver are enlarged. Doctors use imaging to make decisions about cancer treatment and outlook.

There are multiple good treatment options for CLL. Your doctor will plan treatment for you based on:

- Your age
- Your overall health and medications
- Biomarkers
- Length of remission achieved by treatments
- Your wishes for time-limited treatment and at-home treatment

A key factor for deciding treatment options is whether there is a 17p deletion or TP53 mutation. These biomarkers are not common before starting treatment. See Guide 5 and Guide 6 for first-line options.

Clinical trials

Clinical trials are a type of research. Within clinical trials, new ways of treating cancer are tested. Treatment of CLL has greatly improved because of clinical trials.

More clinical trials are needed to find better ways to treat CLL. It is unknown in what order treatments should be taken to get the best results. Research on combinations of treatments is also needed.

NCCN experts recommend clinical trials, especially if leukemia cells have 17p deletion or a TP53 mutation. Even with

Guide 5
First-line regimens for CLL without 17p deletion and TP53 mutation

Preferred regimens

- Acalabrutinib with or without obinutuzumab
- Ibrutinib
- Venetoclax and obinutuzumab

Other regimens for people who are frail, 65 years of age and over, or who are sick

- Bendamustine and an anti-CD20 monoclonal antibody if you are not frail
- Chlorambucil and obinutuzumab
- HDMP and rituximab
- Ibrutinib and obinutuzumab
- Obinutuzumab

Other regimens for people who are under 65 years of age and fairly healthy

- Bendamustine and an anti-CD20 monoclonal antibody
- FCR (preferred among other regimens for CLL with IGHV mutations)
- Fludarabine and rituximab
- HDMP and rituximab
- Ibrutinib and rituximab
newer treatments, outcomes for CLL with either marker are worse than other CLL types. Clinical trials are key to finding better treatments.

Preferred regimens
Bruton’s tyrosine kinase (BTK) inhibitors are central to the treatment of CLL. They block signals from the B cell receptor (BCR). They are pills and can be taken at home.

The first BTK inhibitor used to treat CLL was ibrutinib. Ibrutinib often has very good results. It can cause serious side effects including heart disease.

Acalabrutinib is a newer BTK inhibitor. Acalabrutinib was developed to have fewer side effects than ibrutinib. Research is needed to compare the 2 treatments.

Obinutuzumab may be added to acalabrutinib. It is slowly injected into a vein (infusion) at a health care center.

Venetoclax with obinutuzumab is a newer first-line treatment. Venetoclax is a BCL-2 inhibitor. In the short term, venetoclax with obinutuzumab has had good results. Research on long-term results is needed.

Some people with CLL may prefer venetoclax over BTK inhibitors. It is taken for 1 year and reduces CLL to very low levels. Taking venetoclax for a fixed time may prevent CLL from becoming resistant to it.

Other regimens
For CLL without 17p deletion and TP53 mutation, chemoimmunotherapy is a common treatment. An alkylating agent—bendamustine or chlorambucil—with a CD20 antibody may be an option. If you are younger than 65 years of age and healthy enough, fludarabine-based chemoimmunotherapy may be received. Fludarabine, cyclophosphamide, and rituximab (FCR) works well in a subset of people.

For CLL with 17p deletion or TP53 mutation, chemotherapy does not work well. Antibody treatment has better results. The antibody, rituximab, may be combined with high-dose methylprednisolone (HDMP). Zanubrutinib is the newest BTK inhibitor. It may be an option when other BTK inhibitors are not.

Guide 6
First-line regimens for CLL with 17p deletion or TP53 mutation

<table>
<thead>
<tr>
<th>Preferred regimens</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Acalabrutinib with or without obinutuzumab</td>
</tr>
<tr>
<td>• Ibrutinib</td>
</tr>
<tr>
<td>• Venetoclax and obinutuzumab</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other regimens</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Alemtuzumab with or without rituximab</td>
</tr>
<tr>
<td>• HDMP and rituximab</td>
</tr>
<tr>
<td>• Obinutuzumab</td>
</tr>
<tr>
<td>• Zanubrutinib if you can’t take other BTK inhibitors</td>
</tr>
</tbody>
</table>
Supportive care

Supportive care aims to improve your quality of life. It is sometimes called palliative care. It is a key part of treatment for everyone, not just people at the end of life. Talk with your treatment team to get the best supportive care for you.

Supportive care is an important part of your cancer care. It can address many needs. It includes care for health issues caused by cancer or cancer treatment. You can get help with making treatment decisions. You can get help with coordination of care between health providers. Guide 7 lists some of the supportive needs of people with CLL.

All cancer treatments can cause health issues called side effects. Some side effects of CLL treatments are listed in Guide 7. Ask your treatment team for a list of side effects of your treatments. During and after treatment, tell your team about any new or worse symptoms. Sometimes, a treatment may be stopped until you are better.

Infections

You are more likely to get infections due to CLL or its treatment. Get a flu shot every year and a pneumococcal polysaccharide vaccine every 5 years. But, don’t get a live virus vaccine. If needed, also get the recombinant, adjuvanted zoster vaccine (Shingrix) to prevent shingles.

If you get frequent infections in your ear, sinuses, or lungs, you may need infusions of immunoglobulin to help prevent new infections.

Some people with CLL take medicine to prevent herpes and pneumocystis jirovecii pneumonia. These infections are more likely when taking purine analog- or bendamustine-based chemoimmunotherapy or alemtuzumab.

Hepatitis and cytomegalovirus

Hepatitis B and cytomegalovirus may be reactivated during cancer treatment. Hepatitis B may be reactivated when taking CD20 antibodies or intravenous immunoglobulin. Cytomegalovirus may be reactivated when taking PI3K inhibitors and alemtuzumab. Reactivation may be prevented with antiviral medications.

There is a link between hepatitis C and B-cell non-Hodgkin lymphomas. Direct-acting antiviral agents safely treat hepatitis C and may reduce lymphoma cells.

Cancer

You are at higher risk for other cancers, so it is important to get cancer screening. There are screening protocols for prostate, breast, cervical, lung, and colorectal cancers. People with CLL are also at risk for skin cancer, the non-melanoma type. See a dermatologist once a year and protect your skin from the sun.

Autoimmune cytopenia

Autoimmune cytopenia is a condition in which your immune system attacks your blood cells. The most frequent of these among people with CLL are autoimmune hemolytic anemia, immune-mediated thrombocytopenia, and pure red blood cell aplasia. There are several types of treatment for autoimmune cytopenias.
## Guide 7 Supportive care

<table>
<thead>
<tr>
<th>Condition</th>
<th>Prevention/Management</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Flu</strong></td>
<td>• Get the influenza vaccine every year but not the live, attenuated type.</td>
</tr>
<tr>
<td><strong>Pneumococcal infection</strong></td>
<td>• Get the pneumococcal polysaccharide vaccine every 5 years.</td>
</tr>
<tr>
<td><strong>Shingles</strong></td>
<td>• Get the recombinant, adjuvanted zoster vaccine before starting treatment or if on a BTK inhibitor.</td>
</tr>
<tr>
<td><strong>Frequent, severe infections of ears, sinuses, or lungs</strong></td>
<td>• Take antimicrobials as needed (for example, antibiotics). If IgG is less than 500 mg/dL, get infusions of immunoglobulin into a vein or skin every month.</td>
</tr>
<tr>
<td><strong>Herpes</strong></td>
<td>• Prevent with a drug like acyclovir.</td>
</tr>
<tr>
<td><strong>Pneumocystis jiroveci pneumonia</strong></td>
<td>• Prevent with drugs like sulfamethoxazole and trimethoprim.</td>
</tr>
<tr>
<td><strong>Hepatitis B reactivation</strong></td>
<td>• Prevent or treat with entecavir or other antivirals.</td>
</tr>
<tr>
<td><strong>Cytomegalovirus reactivation</strong></td>
<td>• Take ganciclovir if virus is present or rising.</td>
</tr>
<tr>
<td><strong>Hepatitis C</strong></td>
<td>• Treat with direct-acting antiviral agents.</td>
</tr>
<tr>
<td><strong>Cancer</strong></td>
<td>• Get screened for new cancers as needed.</td>
</tr>
<tr>
<td><strong>Autoimmune cytopenia</strong></td>
<td>• Treat with corticosteroids, rituximab, IVIG, cyclosporin A, splenectomy, eltrombopag, or romiplostim.</td>
</tr>
<tr>
<td><strong>Tumor lysis syndrome</strong></td>
<td>• Prevent with hydration, managing hyperuricemia, and taking allopurinol, febuxostat, or rasburicase.</td>
</tr>
<tr>
<td><strong>Tumor flare reaction</strong></td>
<td>• Prevent with steroids if lymph nodes are enlarged and treat with steroids and antihistamines.</td>
</tr>
<tr>
<td><strong>Blood clot</strong></td>
<td>• Treat with aspirin if not on an anticoagulant.</td>
</tr>
<tr>
<td><strong>Blood transfusion needed</strong></td>
<td>• Transfusion should be done according to hospital standards; all blood products should be radiated.</td>
</tr>
</tbody>
</table>
Tumor lysis syndrome
Some treatments for CLL kill many cells quickly.

- Chemoimmunotherapy
- Venetoclax
- Lenalidomide
- Obinutuzumab

Tumor lysis syndrome occurs when the waste released by dead cells is not quickly cleared out of your body. This results in kidney damage and severe blood electrolyte disturbances. It can be life threatening.

Tumor lysis syndrome may be prevented with hydration. Drink lots of water. You may get fluid injected into your bloodstream. Medicines that lower uric acid can help, too. Some people are admitted to the hospital before starting treatment.

Blood clots and tumor flare
Lenalidomide may cause blood clots and tumor flare. Symptoms of tumor flare include enlarged lymph nodes or spleen, low fever, and rash. There are medicines to prevent blood clots and tumor flare.

Blood transfusion
Some people being treated for CLL will need a blood transfusion. The transfusion should be done according to hospital standards. All blood should be treated with radiation before the transfusion. This will prevent the new blood from attacking your body.

A treatment response is the extent that the cancer improves. Treatment responses vary widely between people with CLL. To assess the treatment response, you will need to repeat some tests that you had before treatment.

- Complete remission is the best result. Enlarged organs and lymph nodes are back to normal size. You have no leukemia symptoms like fever. Blood counts are within normal range. No leukemia cells are detected in bone marrow with common tests.
- Partial remission is a good result. Enlarged organs and nodes have shrunk to less than half their size. Blood counts are returning to normal.
- Stable disease is less than a partial remission. The cancer is not getting worse.
- Progressive disease is a worsening of the cancer.

Minimal residual disease
Minimal residual disease (MRD) is a very small number of leukemia cells in bone marrow or blood. There are so few leukemia cells that special tests are needed to detect them. MRD can be detected by 3 types of tests:

- Allele-specific oligonucleotide polymerase chain reaction (ASO-PCR)
- Six-color flow cytometry (MRD flow)
- Next-generation DNA sequencing (NGS)-based assays
Typically, BTK inhibitors will not work if leukemia cells have a complex karyotype that includes 17p deletion or TP53 mutations. If remission is achieved despite a complex karyotype, you and your doctor may discuss having an allogeneic stem cell transplant. At this time, it is not known if a transplant will cure this type of CLL.

It is essential to have a doctor that you trust implicitly, and who knows that you are the ultimate decision-maker in your treatment regimen. If you can’t advocate for yourself, ask a family member or friend for help.”

– Dixie
Second-line treatment

If first-line treatment didn’t work, second-line treatment might. In this case, the goal is to try a different strategy than first-line treatment. When treatment doesn’t work the leukemia is described as refractory.

Second-line treatment is also an option if your cancer relapses. For a relapse, your doctor may give the same or a different treatment than was given before.

Your doctor will plan treatment based on multiple factors.

- Your overall health, medications, and preferences
- Previously known and new biomarkers
- First-line treatment and its side effects
- Type and duration of treatment response to first-line treatment

Clinical trial
A clinical trial may be an option. The best order of current treatments is being studied. There may be a clinical trial of a new treatment. Ask your treatment team if there is a clinical trial that is right for you.

Regimens
Preferred regimens include BCR blockers. These treatments include the BTK inhibitors ibrutinib and acalabrutinib. If a BTK inhibitor stopped working because of a mutation, a different one won’t work either.

The PI3K inhibitors, idelalisib and duvelisib, also block BCR signals. Many people take PI3K inhibitors safely, but they can cause severe health issues.

Venetoclax regimens are a preferred treatment. They may be an option if BTK inhibitors stopped working because the CLL cells mutated.

There is a wide range of other options. Like first-line treatments, options depend on 17p deletion and TP53 mutations. These biomarkers become more common after first-line treatment. Second-line regimens are listed in Guide 8 and Guide 9.

Stem cell transplant
Your doctor may discuss allogeneic stem cell transplant with you. It may be an option if you can’t take BCR blockers. For a transplant, you must not have major health problems other than the cancer.

A stem cell transplant replaces unhealthy stem cells with healthy ones. An allogeneic transplant uses healthy stem cells from a donor. Testing is needed to confirm if the donor and you are a good match.

You’ll first receive treatment to kill your bone marrow and most leukemia cells. Next, you’ll receive the donor cells. These cells will form new, healthy marrow. They will also attack cancer cells that weren’t killed by prior treatment.
### Guide 8
#### Second-line regimens for CLL without 17p deletion and TP53 mutation

<table>
<thead>
<tr>
<th>Preferred regimens</th>
<th>Other regimens for people who are frail, 65 years of age and over, or who are sick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acalabrutinib</td>
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<td>Venetoclax and rituximab</td>
<td>Reduced-dose FCR</td>
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<td></td>
<td>HDMP and rituximab</td>
</tr>
<tr>
<td></td>
<td>Idelalisib</td>
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<tr>
<td></td>
<td>Lenalidomide with or without rituximab</td>
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<tr>
<td></td>
<td>Obinutuzumab</td>
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<tr>
<td></td>
<td>Duvelisib</td>
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<td>Idelalisib and rituximab</td>
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<td>Venetoclax</td>
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<td>Zanubrutinib</td>
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### Guide 9
#### Second-line regimens for CLL with 17p deletion or TP53 mutation

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<tr>
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<td></td>
<td>Idelalisib and rituximab</td>
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<td>Venetoclax</td>
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<tr>
<td></td>
<td>Zanubrutinib</td>
</tr>
</tbody>
</table>

Other regimens

- Alemtuzumab with or without rituximab
- Bendamustine and rituximab
- Fludarabine, cyclophosphamide, and ofatumumab
- FCR
- HDMP and rituximab
- Idelalisib
- Lenalidomide with or without rituximab
- Obinutuzumab
- Ofatumumab
- Pentostatin, cyclophosphamide, and rituximab
- Venetoclax
- Zanubrutinib
- Bendamustine, rituximab, and ibrutinib
- Bendamustine, rituximab, and idelalisib
- Dose-dense rituximab
- Bendamustine and rituximab
- Bendamustine, rituximab, and ibrutinib
- Bendamustine, rituximab, and idelalisib
- Reduced-dose pentostatin, cyclophosphamide, rituximab
- Venetoclax
- Zanubrutinib
- Dose-dense rituximab
- Bendamustine and rituximab
- Bendamustine, rituximab, and ibrutinib
- Bendamustine, rituximab, and idelalisib
- Pentostatin, cyclophosphamide, and rituximab
- Venetoclax
- Zanubrutinib
- Reduced-dose pentostatin, cyclophosphamide, rituximab
- Venetoclax
- Zanubrutinib
Richter’s transformation

A few people with CLL develop a faster-growing lymphoma. This change is called Richter’s transformation or Richter’s syndrome. The new lymphoma can evolve from mutations within CLL cells or from another B cell. Richter’s transformation can occur before or after treatment of CLL.

Testing is needed to confirm Richter’s transformation. A biopsy of lymph nodes will be done. The removed cells will be assessed for proteins on their surface. Blood tests and imaging will be done, too.

CLL most often changes into diffuse large B-cell lymphoma (DLBCL). Less often, it changes into Hodgkin lymphoma.

DLBCL
Treatment options depend on if the DLBCL cells evolved from CLL cells. If the cells are not related, the lymphoma is treated as DLBCL. To learn about treatment, see NCCN Guidelines for Patients: Diffuse Large B-Cell Lymphoma at NCCN.org/patientguidelines.

For DLBCL that evolved from CLL cells, a clinical trial is preferred. Another option is rituximab-based chemoimmunotherapy. If chemoimmunotherapy works, you may receive an allogeneic transplant if you are healthy enough.

If chemoimmunotherapy doesn’t work, there are 3 options. A clinical trial is preferred. Another option is a different treatment of DLBCL. The third option is immunotherapy with either nivolumab (Opdivo®) or pembrolizumab (Keytruda®). Ibrutinib may be received with immunotherapy. More research on immunotherapy for Richter’s transformation is needed.

Hodgkin lymphoma
A clinical trial is a preferred treatment option. Another option is treatments used for Hodgkin lymphoma. To learn about these treatments, see NCCN Guidelines for Patients: Hodgkin Lymphoma at NCCN.org/patientguidelines.
Review

- Tests of biomarkers are needed before starting treatment. New biomarkers may form during watch and wait or after first-line treatments.

- The preferred first-line treatment is a regimen with a BTK inhibitor or venetoclax. Other options may be chemoimmunotherapy or CD20 antibody treatment.

- The goal of treatment is to achieve a remission and stop CLL from growing.

- Supportive care is an important part of your cancer care. It can help prevent life-threatening infections.

- If first-line therapy doesn’t work, you may receive a different type of treatment. For a relapse, your doctor may give the same or a different treatment than was given before.

- CLL can transform into a faster-growing cancer. Clinical trials, chemotherapy, and immunotherapy may be options if this happens.

“Approach your ‘recovery’ in whatever way you deem best for your situation. Allow yourself to heal. Be positive and stay proactive.”

– Ted
6
Making treatment decisions

43 It’s your choice
43 Questions to ask your doctors
48 Resources
It’s important to be comfortable with the cancer treatment you choose. This choice starts with having an open and honest conversation with your doctors.

**It’s your choice**

In shared decision-making, you and your doctors share information, discuss the options, and agree on a treatment plan. It starts with an open and honest conversation between you and your doctor.

Treatment decisions are very personal. What is important to you may not be important to someone else.

Some things that may play a role in your decisions:

- What you want and how that might differ from what others want
- Your religious and spiritual beliefs
- Your feelings about certain treatments like surgery or chemotherapy
- Your feelings about pain or side effects such as nausea and vomiting
- Cost of treatment, travel to treatment centers, and time away from work
- Quality of life and length of life
- How active you are and the activities that are important to you

Think about what you want from treatment. Discuss openly the risks and benefits of specific treatments and procedures. Weigh options and share concerns with your doctor. If you take the time to build a relationship with your doctor, it will help you feel supported when considering options and making treatment decisions.

**Second opinion**

It is normal to want to start treatment as soon as possible. While cancer can’t be ignored, there is time to have another doctor review your test results and suggest a treatment plan. This is called getting a second opinion, and it’s a normal part of cancer care. Even doctors get second opinions!

Things you can do to prepare:

- Check with your insurance company about its rules on second opinions. There may be out-of-pocket costs to see doctors who are not part of your insurance plan.
- Make plans to have copies of all your records sent to the doctor you will see for your second opinion.

**Support groups**

Many people diagnosed with cancer find support groups to be helpful. Support groups often include people at different stages of treatment. Some people may be newly diagnosed, while others may be finished with treatment. If your hospital or community doesn’t have support groups for people with cancer, check out the websites listed in this book.

**Questions to ask your doctors**

Possible questions to ask your doctors are listed on the following pages. Feel free to use these questions or come up with your own. Be clear about your goals for treatment and find out what to expect from treatment.
Questions to ask about testing and staging

1. What tests will I have?

2. Do I need biopsy? What kind of biopsy do I need? What are the risks?

3. How do I prepare for testing?

4. What if I am pregnant?

5. Where do I go to get tested? How long will the tests take and will any test hurt?

6. Should I bring someone with me? Should I bring a list of my medications?

7. How soon will I know the results and who will explain them to me?

8. Would you give me a copy of the pathology report and other test results?

9. What type of leukemia do I have? Is this a fast- or slow-growing leukemia?

10. What is the Rai stage? Does this stage mean the leukemia is advanced?

11. Can this cancer be cured? If not, how well can treatment stop the cancer from growing?

12. Who will talk with me about the next steps? When?
Questions to ask about treatment options

1. What are my treatment options? Are you suggesting options other than what NCCN recommends? If yes, why?

2. Do your suggested options include clinical trials? Please explain why.

3. What will happen if I do nothing?

4. How do my age, overall health, and other factors affect my options? What if I am pregnant or planning to get pregnant?

5. Does any option offer a cure or long-term cancer control? Are my chances any better for one option than another? Less time-consuming? Less expensive?

6. How do you know if treatment is working? How will I know if treatment is working?

7. What are my options if treatment stops working?

8. What are the possible complications? What are the short- and long-term side effects of treatment?

9. What can be done to prevent or relieve the side effects of treatment?

10. What supportive care services are available to me during and after treatment?

11. Can I stop treatment at any time? What will happen if I stop treatment?
Questions to ask about clinical trials

1. Are there clinical trials for my type of cancer?

2. What are the treatments used in the clinical trial?

3. What does the treatment do?

4. Has the treatment been used before? Has it been used for other types of cancer?

5. What are the risks and benefits of this treatment?

6. What side effects should I expect? How will the side effects be controlled?

7. How long will I be in the clinical trial?

8. Will I be able to get other treatment if this doesn’t work?

9. How will you know the treatment is working?

10. Will the clinical trial cost me anything? If so, how much?
Questions to ask about getting treated

1. Will I have to go to the hospital or elsewhere? How often? How long is each visit?

2. What do I need to think about if I will travel for treatment?

3. Do I have a choice of when to begin treatment? Can I choose the days and times of treatment?

4. How do I prepare for treatment? Do I have to stop taking any of my medicines? Are there foods I will have to avoid?

5. Should I bring someone with me when I get treated?

6. Will the treatment hurt?

7. How much will the treatment cost me? What does my insurance cover?

8. Will I miss work or school? Will I be able to drive?

9. Is home care after treatment needed? If yes, what type?

10. How soon will I be able to manage my own health?

11. When will I be able to return to my normal activities?
Resources

Aplastic Anemia and MDS International Foundation (AAMDS)
aamds.org

CLL Society
CLLSociety.org

Leukemia & Lymphoma Society
LLS.org/informationspecialists

Lymphoma Research Foundation
lymphoma.org/aboutlymphoma/cll

NCCN Patient Resources
NCCN.org/patients
Words to know

**alkylating agent**
A drug that damages a cell’s DNA by adding a chemical to it.

**ALL**
acute lymphoblastic leukemia

**allogeneic stem cell transplant**
A cancer treatment that replaces abnormal blood stem cells with healthy donor cells. Also called allogeneic hematopoietic cell transplant.

**AML**
acute myeloid leukemia

**anemia**
A health condition in which hemoglobin is low.

**antibody**
A protein in blood that helps fight off infection. Also called an immunoglobulin.

**ASO-PCR**
allele-specific oligonucleotide polymerase chain reaction

**autoimmune hemolytic anemia**
An attack on red blood cells by the disease-fighting (immune) system.

**B cell**
A type of a white blood cell called a lymphocyte. Also called B-lymphocyte.

**beta-2 microglobulin**
A small protein made by many types of cells.

**biopsy**
A procedure that removes fluid or tissue samples to be tested for disease.

**bone marrow**
The sponge-like tissue in the center of most bones.

**bone marrow aspiration**
A procedure that removes a liquid bone marrow sample to test for a disease.

**bone marrow biopsy**
A procedure that removes bone and solid bone marrow samples to test for a disease.

**B symptoms**
A set of symptoms caused by some B-cell cancers.

**BCR**
B cell receptor

**BTK**
Bruton's tyrosine kinase

**cancer stage**
A rating of the outlook of a cancer based on its growth and spread.

**CBC**
complete blood count

**chemotherapy**
Cancer drugs that stop the cell life cycle so cells don’t increase in number.

**chromosome**
The structures within cells that contain coded instructions for cell behavior (genes).

**clinical trial**
A type of research that assesses how well health tests or treatments work in people.

**CLL**
chronic lymphocytic leukemia

**CML**
chronic myeloid leukemia
**Words to know**

**complete blood count (CBC)**
A lab test that measures the number of red blood cells, white blood cells, and platelets.

**comprehensive metabolic panel**
Lab tests of up to 14 chemicals in your blood. Also called comprehensive chemistry panel.

**computed tomography (CT)**
A test that uses x-rays from many angles to make a picture of the insides of the body.

**contrast**
A dye put into your body to make clearer pictures during imaging tests.

**deoxyribonucleic acid (DNA)**
A chain of chemicals in cells that contains coded instructions for making and controlling cells. Also called the “blueprint of life.”

**diagnosis**
An identification of an illness based on tests.

**differential**
A lab test of the number of white blood cells for each type.

**DLBCL**
diffuse large B-cell lymphoma

**echocardiogram**
A test that uses sound waves to make pictures of the heart.

**ECOG**
Eastern Cooperative Oncology Group

**fatigue**
Severe tiredness despite getting enough sleep that limits one’s ability to function.

**FCR**
Fludarabine, cyclophosphamide, and rituximab

**FDA**
Food and Drug Administration

**fertility counselor**
An expert who helps people to have babies.

**flow cytometry**
A lab test of substances on the surface of cells to identify the type of cells present.

**fluorescence in situ hybridization (FISH)**
A lab test that uses special dyes to look for abnormal chromosomes and genes.

**gene**
Coded instructions in cells for making new cells and controlling how cells behave.

**haptoglobin**
One of the proteins made by the liver.

**HDMP**
high-dose methylprednisolone

**hemoglobin**
A protein with iron in red blood cells.

**hemolysis**
The early death of red blood cells.

**imaging**
A test that makes pictures (images) of the insides of the body.

**immune system**
The body’s natural defense against infection and disease.

**immunoglobulin**
A protein that is made by B cells to help fight off infection. Also called antibody.

**immunohistochemistry (IHC)**
A lab test of cancer cells to find specific cell traits involved in abnormal cell growth.

**immunomodulator**
A cancer drug that modifies some parts of the body’s disease-fighting system.
Words to know

**karyotype**
A lab test that makes a map of chromosomes to find defects.

**kinase inhibitor**
A drug that blocks the transfer of phosphate.

**lactate dehydrogenase (LDH)**
A protein in blood that helps to make energy in cells.

**lymph**
A clear fluid containing white blood cells.

**lymph node**
A small, bean-shaped, disease-fighting structure. Also called lymph gland.

**lymph vessel**
A small tube-shaped structure through which a fluid called lymph travels.

**lymphatic system**
A network of organs and vessels that collects and transports a fluid called lymph.

**lymphocyte**
One of three main types of white blood cells that help protect the body from illness.

**lymphoma**
A cancer of white blood cells called lymphocytes that are within the lymph system.

**mantle cell lymphoma**
A cancer of B cells that have too many proteins called cyclin D1.

**medical history**
A report of all your health events and medications.

**monoclonal antibody**
A type of cancer drug that stops growth signals.

**MRD**
minimal residual disease

**multigated acquisition (MUGA) scan**
A test that uses radiation to make pictures of the heart.

**next-generation DNA sequencing (NGS)**
A lab test used to detect abnormal changes in DNA.

**observation**
A period of testing for changes in cancer status while not receiving treatment.

**pathologist**
A doctor who’s an expert in testing cells and tissue to find disease.

**performance status**
A rating of one’s ability to do daily activities.

**PET**
positron emission tomography

**physical exam**
A study of the body by a health expert for signs of disease.

**PI3K**
phosphoinositide 3-kinase delta

**positron emission tomography (PET)**
A test that uses radioactive material to see the shape and function of body parts.

**prognosis**
The likely course and outcome of a disease based on tests.

**pure red cell aplasia**
A health condition in which the number of young red blood cells is very low.

**purine analogs**
A drug that prevents the DNA “building blocks” labeled A and G from being used.

**Rai staging system**
A rating scale of the outlook of chronic lymphocytic leukemia.
Words to know

reticulocyte
A young red blood cell that is formed in bone marrow and present briefly in blood.

Richter's transformation
A change from a slow-growing leukemia into a fast-growing lymphoma. Also called Richter's syndrome.

side effect
An unhealthy or unpleasant physical or emotional response to treatment.

SLL
small lymphocytic leukemia

spleen
An organ to the left of the stomach that helps protect the body from disease.

steroid
A drug used to reduce redness, swelling, and pain, but also to kill cancer cells.

supportive care
Health care that includes symptom relief but not cancer treatment. Also called palliative care.

targeted therapy
A drug treatment that impedes the growth process specific to cancer cells.

tumor lysis syndrome
A health condition caused by the rapid death of many cancer cells.

ultrasound
A test that uses sound waves to take pictures of the inside of the body. Also called ultrasonography.

uric acid
A chemical that is made when cells and certain eaten food break down.

vaccine
A biological agent that is inserted into the body to prevent a disease.
NCCN Contributors

This patient guide is based on the NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) for Chronic Lymphocytic Leukemia/Small Lymphocytic Lymphoma, Version 3.2021 – March 11, 2021. It was adapted, reviewed, and published with help from the following people:

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