

Chronic Lymphocytic Leukemia



This NCCN QUICK GUIDE™ sheet summarizes key points from the complete *NCCN Guidelines for Patients®: Chronic Lymphocytic Leukemia*. These guidelines explain which tests and treatments are recommended by experts in cancer. To view and download the guidelines, visit NCCN.org/patients or, to order printed copies, visit Amazon.com.

NCCN Guidelines
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What is chronic lymphocytic leukemia (CLL)?



<ul style="list-style-type: none"> It is a cancer of B-cells that are found mostly within blood, bone marrow, and lymph nodes. Normal B-cells make antibodies that mark germs to be destroyed by your immune system. CLL is the short name for this cancer. 	<u>8</u>
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Do I have CLL?

<ul style="list-style-type: none"> Your blood cells must be tested. Large numbers of abnormal B-cells are a defining feature of CLL. Doctors also look for a common pattern of proteins on the surface of B-cells that are a “signature” for CLL. 	<u>10</u>
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What health care do I need before treatment?

<ul style="list-style-type: none"> A medical history that includes questions about symptoms of CLL and other disease 	<u>14</u>
<ul style="list-style-type: none"> An exam of your body to look for signs of disease and to rate your ability to do activities 	<u>15</u>
<ul style="list-style-type: none"> Blood tests to assess for proteins in cells’ surface, blood cell counts, viruses, and the levels of chemicals in blood 	<u>16</u>
<ul style="list-style-type: none"> A test of your bone or marrow is sometimes needed to learn the cause of low blood cell counts 	<u>21</u>
<ul style="list-style-type: none"> Heart test to check if you’re healthy enough for some treatments 	<u>22</u>
<ul style="list-style-type: none"> Talk to a fertility specialist if you may want to have babies after treatment 	<u>22</u>
<ul style="list-style-type: none"> A pregnancy test if you can have babies since some treatment can harm unborn babies 	<u>22</u>

Do I need treatment right now?

<ul style="list-style-type: none"> Not all people with CLL need to start treatment right away. Treatment is often started when the cancer has grown enough to cause symptoms like severe fatigue, night sweats, or unplanned weight loss. 	<u>23</u>
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Besides clinical trials, what are my options?

<p>CLL cells are missing parts of chromosome 17</p>	<ul style="list-style-type: none"> ■ If you can't join or refuse a clinical trial, ibrutinib is the standard of care. If ibrutinib fails, idelalisib with or without rituximab is one of multiple options. 	<p>40</p>
<p>CLL cells aren't missing parts of chromosome 17 or 11</p>	<ul style="list-style-type: none"> ■ Obinutuzumab with chlorambucil has been the standard of care for the frail and sick, people 70 years old or older, and younger people who are quite sick. Another good first-time option is ibrutinib. If your first treatment fails, ibrutinib is one of multiple options. 	<p>42</p>
	<ul style="list-style-type: none"> ■ If you're younger and fairly healthy, the standard of care is FCR. If your first treatment fails, ibrutinib is one of multiple options. 	<p>46</p>
<p>CLL cells aren't missing parts of chromosome 17 but are missing parts of 11</p>	<ul style="list-style-type: none"> ■ Obinutuzumab with chlorambucil is the standard of care for the frail and sick, people 70 years old or older, and younger people who are quite sick. Another good first-time option is ibrutinib. If your first treatment fails, ibrutinib is one of multiple options. 	<p>48</p>
	<ul style="list-style-type: none"> ■ If you're younger and fairly healthy, the standard of care is FCR. If your first treatment fails, ibrutinib is one of multiple options. 	<p>50</p>

Do I need supportive care?

<ul style="list-style-type: none"> ■ People with CLL are likely to get infections and other illnesses. Supportive care includes treatment for the health problems caused by CLL and cancer treatment. 	<p>52</p>
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How do I decide between options?

<ul style="list-style-type: none"> ■ Ask your doctors many questions. Also, you could get a second opinion, attend support groups, and compare pros and cons. 	<p>60</p>
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