

# What message would you share with someone who has just been diagnosed?

You will be okay, you are stronger than you realise!

Have a cuddle, hold a hand, and know you can take this face on. It won't be easy, but you won't be alone.

It does not matter how slow you go through this, just don't stop.

The road ahead may be bumpy, but stick with it and you can get through this

You will have good days and bad days. Focus on the good ones

Keep your eye on the long game. This will all pass and life will be richer and more precious on the other side of it all.

Look for support, it's a rollercoaster but people are there to help you.

Its ok to be scared...breathe deep, then show the beast how strong you are! ❤️

Don't tell the world til you've got your head round it (Just nearest and dearest)

# What message would you share with someone who has just been diagnosed?

Be positive, be hopeful, stay active, keep busy. You will meet amazing people.

Stay positive, never give up hope and put trust in your treatment.

Just take one day at a time, everyone's journey is different, there will be good days and bad days.

Have hope, stay strong, keep loved ones close, accept help and support, trust your team. Focus on yourself. Ride the storm.

Take each day as it comes!

You will get through it we are there for you

Know that you have the strength inside you to get through whatever is next.

Stay you I refused to be Cancer Stephen it's only a part of you

You can do this, you're stronger than you think you are!

# What message would you share with someone who has just been diagnosed?

Be kind to yourself, take time for yourself

You will get through this, I promise. Rest, ask for help, be gentle on yourself x

Don't panic, breath, take your time before you make decisions. Do your research. Look forward.

It would be shock at first but try to be surrounded by loved ones. Always keep a mobile no or an email of your consultant in case you have some explanations. Keep a photo of your loved ones and say I must be strong for myself and for them. Good luck

Learn and understand as much as you can about your diagnosis. Seek outside support as early as possible, and be YOU!

You may become a new you, but dig deep, you will still be you. ♡

Never forget your inner strength

Enjoy life and educate yourself about lymphoma

Take each day as it comes 🙏

# What message would you share with someone who has just been diagnosed?

One day at a time, go with your emotions, be kind to yourself and don't compare.

You are not alone, use the support groups available to you, online and in person

DONT Google! Hugs & positive mind it will be ok - you can/will beat this!!

It's not the end of the world it's treatable, yes it's a load of pants to say the least, and there will be time when you are going to feel awful, take all the medication grin and bear it you can do this and get out the other side still being you

Take each day as it comes and don't feel defeated if you have a bad day ❤️

Be positive talk to people don't keep it to yourself it is treatable.

Its not the end of the world, but the beginnig of a new adventure

You will get through all. Keep the faith. Never give up. Live your life to the full. You are stronger than you think.

It's the biggest shock but through a fabulous husband and fabulous friends they helped me all of the time x my great team at James Cooke hospital made it a lot eaisier as they were there through the thick of it they kept me right x never give up xx

# What message would you share with someone who has just been diagnosed?

It can be overwhelming, take it a day at a time. Be kind to yourself.

Be brave. It's possible to live with lymphoma for many years. Good luck!

No matter how lost you feel now things will get better x

It's really scary at first, but lymphoma is generally very treatable. People said that to me when I was first diagnosed, and I was worried it might not be the same for me but it has been. Trust in the professionals, and stay as positive as you can!

It's not easy but stay positive

Be positive, be active, be a fighter. Yes a fighter, we're not brave we are terrified and we fight it, we fight for our lives, for our family. Ask for help when you feel weak but bloody fight this cancer. Survive

Deal with the here and now don't worry about the what ifs

My diagnosis was a shock, but I've been more adventurous and had more experiences than ever. Never give up. Live your best life.

Stay positive all the way even on bad days ❤️

# What message would you share with someone who has just been diagnosed?

The chances are you will be told in a rather blunt and uncaring manner. Take a deep breath and talk to a loved one. Try to stay strong.

Develop a support network that includes others who are also affected by lymphoma.

You're going to kick Lymphoma's fat juicy ass

You will make it like we all did! You are stronger than this cancer!

Don't panic! Arm yourself with facts. Don't be scared of surgery and chemo, you will be ok. Hold loved ones tight

Be honest about how you're feeling...those that matter will listen xxx

We are here with you. It's normal to have a mix of emotions.

Get your big pants ready, gloves on, and prepared to fight like a girl

Breathe, stay calm if you can. You're scared witless just now, Stop, breathe and talk to your doctors. You're in safe hands to bring you through. And you can do it. You will come through. I did.

# What message would you share with someone who has just been diagnosed?

Take heart - long term remission is the predominant outcome from first time treatment.

You're stronger than you think. Be brave. Be strong

You will find your own way to cope. Don't feel you need to take anyone's advice, your experience is your own. There are different ways to cope.

The road may be long but never give up you can beat this

It's curable. When you're at your lowest, remember: it's curable.

That you don't always have to start treatment straight away, can be on active monitoring for a good few years.

It won't be easy. In fact it may be your biggest challenge yet. But, you can do this! You can be a survivor!

Life will never be quite the same again but hope, strive, share, adapt, accept and above all enjoy! Love to all lymphomers! X

It is not the end of the world, just the start of a journey.

# What message would you share with someone who has just been diagnosed?

You are stronger than you think, you are braver than you know, you will beat this!

It's a bumpy road ahead but stay positive and keep smiling, you've got this!

Delegate your life as much as possible - everyone will want to help. That way, you can just focus on you.

You are stronger than you think. You can do this.

My mum was diagnosed when I was 12/13, I am now 19 and your never be okay with it but it does get easier and less scary, speak to someone friend or family or professional, just speak to someone xxx

Know your nurse specialists, keep a diary/notebook, use Lymphoma Action's resources, you'll get through

There will be good days and bad days. Focus on the good



Take a deep breath, let your body relax and take each step one at a time. Little by little, bit by bit, with trust and calm thoughts, you will get through.

Don't blame yourself, don't feel like you have to be strong for everyone around you...TALK, CRY, WRITE-whatever works for you but get it out there, so you can process it, move on and be happy. Remember you are incredible and brave!!



# What message would you share with someone who has just been diagnosed?

Be kind to yourself in every way possible.

Stay positive and take one day at a time

Take each day as it comes and you will get through it.

Don't panick. Learn about it, go for a walk. Calm your self. Ask questions. Allow yourself to feel all emotiones.

Keep smiling, things will get better. Laughter and positivity will get you through it

New and better treatments constantly found. No need to despair. There's always something new coming along.

Don't panic. Get support from organisations such as Lymphoma Action and Blood Cancer UK

It's going to affect the whole family. Make sure you digest the news, rest and stay as positive as possible and make the most of good days

It's ok to not be ok, talk, ask questions even if you think they're silly

# What message would you share with someone who has just been diagnosed?

Get treatment for anxiety! It will leave. Have hope! Lots of non chemo treatments available!

Never give up!

Try to stay positive and focused reach out to loved ones family, friends, acquaintances, anyone you feel comfortable with. talk with them till your heart is content this is your journey to discuss, take the ones that care about you on your journey.

Ask for help if you are struggling and use your personal nurse if you have any questions or problems with sickness and nausea

Now you know what you are facing, you will get all the help you need to get well again! Let people help you, you will need them on the hard days and remember even superman/woman has to rest sometimes!

Take a deep breath and fight this x 🤔💜

I have found strength in going through this difficult time with the help of my family and having a good medical team

Stay calm try not to worry. Find out as much as possible about the type of lymphoma you have. Just try to deal with one baby step at a time. 📖

Stay calm. Keep positive. Ask questions - I've found being armed with all the proper facts has helped me come to terms with my diagnosis. Talk to loved ones and live your life as fully and normally as you always would ❤️❤️

# What message would you share with someone who has just been diagnosed?

Never ever give up ,and try your very best to have a positive mental attitude believe in yourself and your team x

It will be not be easy, but you'll make it. You have this unknown strength inside of you that will help you fight this. You are surrounded by your loved ones and an experienced medical team. You'll make it, like we all did! 🍊❤️

Ask for help if you are struggling and use your personal nurse if you have any questions or problems with sickness and nausea xx

You've got this 💜

Take it one step at a time and trust the professionals. It will be hard but you'll find strength after strength in yourself you never knew existed. You can get through this ❤️

I have found strength in going through this difficult time with the help of my family and having a good medical team

Listen to your body Don't try to be everything to everyone while you fight this battle. Wear your scars with pride. You can do this 🍊

As a partner of Someone with lymphoma...you feel like you are being swallowed up in a mixture of panic and doom...stay calm .don't read too much about other it and scare yourself...let your specialist give you answers as each patient is different

Daunting though the diagnosis is, be assured that despite the tough road ahead, most will reach remission, especially if they adopt a very positive attitude and plan for the future.

# What message would you share with someone who has just been diagnosed?

Accept help. It is ok if people do things differently than you. You do need them. Try to relax and give in if you just can't do it. Stay positive. But do cry too. Ask questions. Trust the consultants. Let people talk, you know better, they don't.

Set yourself a goal and live your life to the max!!!

Stay positive - you can beat this!

Take it one day at a time. This is a marathon and not a sprint. Find your inner faith and never give up.

One day at a time, it's your journey- don't compare, go with your emotions, look after you and do what you need to do to get through x

Breathe. Listen. Believe. Accept help. You got this

Just keep going look after yourself and drink plenty rest when needed and look forward to when you get the all clear.

Don't google - positive vibes, you CAN and WILL beat this!

Have faith in your medical team and don't hesitate to seek reassurance.

# What message would you share with someone who has just been diagnosed?

Do what your oncologist says Try not to stress an over think thing it's a lot at first but u will do ok this site is great for support

Take a day at a time. Get out in the fresh air. There's lot of support available from Lymphoma Action. Keep a diary. It's ok to be in denial - it's a lot to get your head around.

Acceptance and gratitude. Railing against the injustice you feel is pointless but looking in the faces of the complete strangers who want more than anything for you to be better is completely astonishing and indeed magical.

I refused the anti-sickness drugs because they made me feel even worse.

Think of yourself first, do something different every day and enjoy your life.

Just keep fighting. I had stage 4 Non-Hodgkin Lymphoma and after chemo and radiotherapy and major knee surgery, am still clear 5 years later

Absolutely keep a positive mindset, you have to really want to get better. No matter how bad the day may be, do not give in. Keep strong and use your family and friends for support. Xx

Positive thoughts and you got this - you can do this

My son had it and now 11yrs in remission. Take everything they say is going to happen with a pinch of salt, half the things never happened. He had 3 different lots of chemo, plus a transplant.

# What message would you share with someone who has just been diagnosed?

Think positive. X

Don't worry about work.

Definitely take a day at a time. There's a huge network of support regardless of where the battle is

Don't let it define you; there is life after diagnosis and just keep fighting on

Talk to your lymphoma nurse. Get all the information you can and tell it you are ready for the battle.

I know a lot struggle with the hair loss, but it'll grow back

Talk to those who have survived lymphoma - for me 16 years and numerous chemo and radiotherapy but life is still good. You can live with lymphoma

20 years ago, my oncologist told me it was the best cancer to have.

"it's just hair"

# What message would you share with someone who has just been diagnosed?

Be strong; take all the help and love offered; it's ok to be angry; when seeing consultants have a list of questions and write down the answers.

It is not a death sentence. My dad was diagnosed while in his late eighties. When he passed away at 92, he was cancer free.

Stay strong, look after yourself, put yourself first and if you need to sleep - sleep!

Don't panic there are loads of tools in the box

It's okay to not be okay. And it's really good to talk

Take a deep breath you've got this, plus talking is always good to help you come to terms with it and most importantly keep positive

Remission stories helped me.

Google is NOT your friend!

You can do this... you will find a strength in you that you didn't know you had and that strength will keep you fighting and help you stay strong. There's no right or wrong way to cope, just do what feels right for you to get through it

**What message would you share with someone who has just been diagnosed?**