

Easy Read
version

After treatment for lymphoma





Salman is happy.

You might not know how to feel when your treatment finishes



When your **treatment** finishes, you might feel happy.



Or you might feel scared.



You might worry about your **lymphoma** coming back.

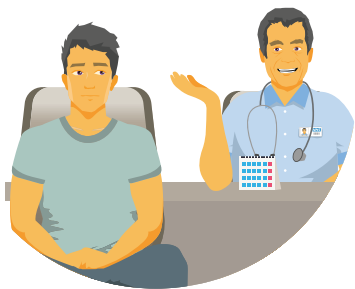


Talk to somebody about how you feel.

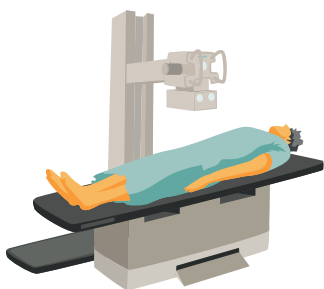


This man is having a **CT scan**.

You have check-ups after your treatment ends



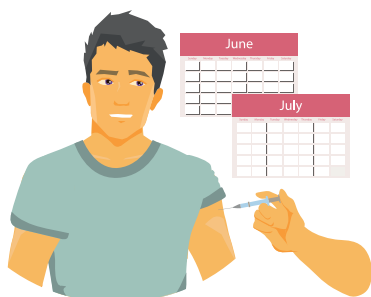
Your doctor or nurse will talk to you about what happens after your treatment ends.



You might have a scan to check if your lymphoma has got better or gone away.



You might need something called **maintenance treatment** to stop your lymphoma coming back after your main treatment ends.



If you need maintenance treatment, you have an injection every 2 or 3 months.



You have check-ups every few months to make sure you are OK.



Your doctor or nurse will tell you who to contact if you are worried about your lymphoma.



This lady is having a check-up with her doctor.

Your check-ups are usually every few months



You usually see your doctor or nurse for a check-up every few months.



Make sure you go to all your check-ups.



You do not have to wait for your next check-up if you are worried about your lymphoma.

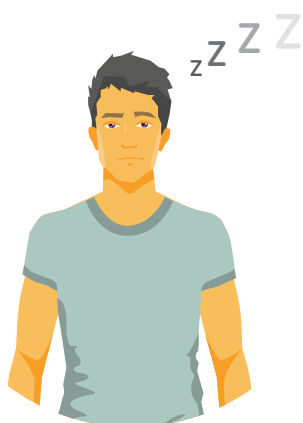


Tell your doctor or nurse straightaway if you feel ill.

Tell your doctor or nurse if you are feeling ill



Tell your doctor or nurse if you have found any new lumps or any lumps that have got bigger.



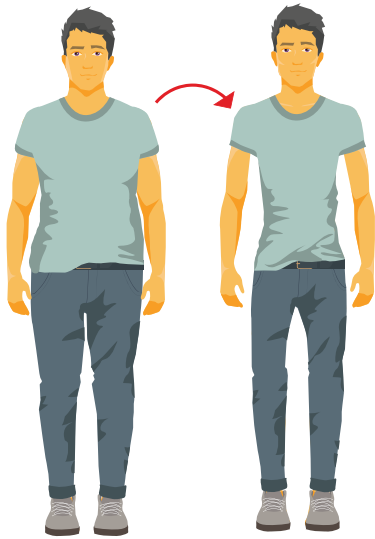
Tell your doctor or nurse if you feel very tired.



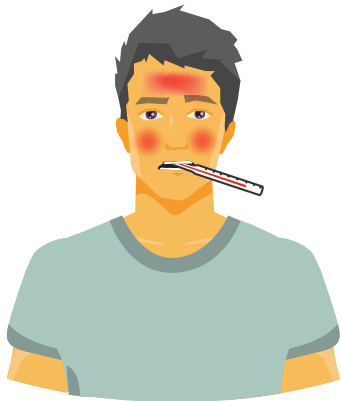
Tell your doctor or nurse if you sweat a lot and your sheets get soaked through at night.



Tell your doctor or nurse if your skin is very itchy.



Tell your doctor or nurse if you have got thinner since your last check-up.



Tell your doctor or nurse if you feel hot or cold and shivery.



Tell your doctor or nurse if you feel ill in other ways.



Or tell a friend or supporter.



This man is having a blood test.

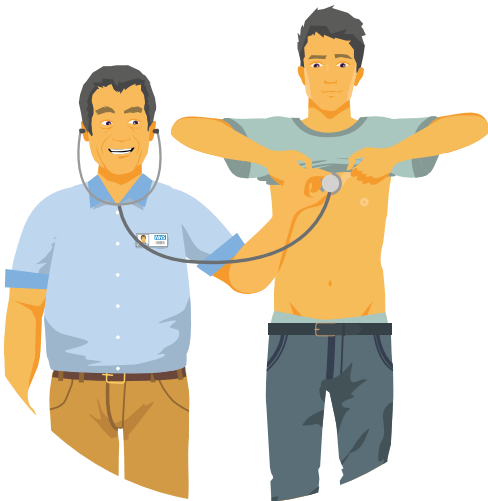
At your check-ups, the doctor or nurse talks to you and examines you



At your check-up, the doctor or nurse talks to you about how you feel.



They might feel your tummy, your armpits, your neck and the tops of your legs.



They might weigh you and listen to your chest.

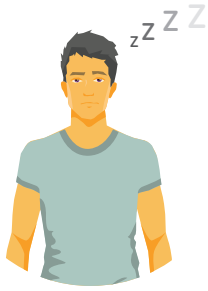


You might have blood tests.



This lady's hair is growing back.

It might take a while to feel better after treatment



After your treatment, you might feel very tired.



You might be very forgetful or find it hard to concentrate.



Your fingers or toes might feel tingly.



These feelings usually get better after a few months but sometimes they last longer.



If your hair fell out during treatment, it should grow back in a few months.



It might look and feel different at first.



Leroy is going for a bike ride.

Try to keep healthy after your treatment finishes



You can help your body get better by taking good care of yourself.



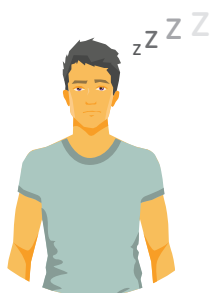
Eat healthy food.



Do some light exercise every day and try to build it up slowly.



Do not smoke.



You might have to rest more than normal at first.



But you will get stronger.



This man is having more treatment.

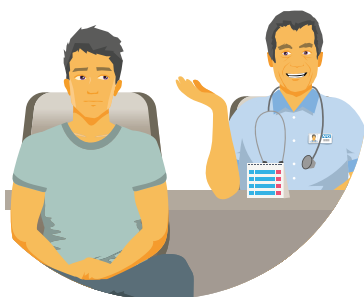
If your lymphoma comes back, you might need more treatment



Some people never have lymphoma again.



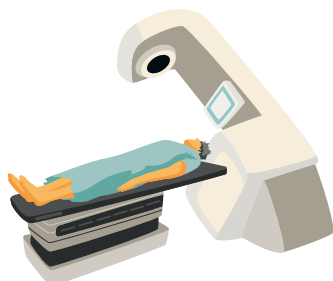
But sometimes lymphoma comes back.



Your doctor will tell you if your lymphoma has come back.



If your lymphoma comes back, you might need more treatment.



It is usually not the same treatment as you had before.



Your doctor will tell you what treatment is best for you.

What the words mean

Words in **bold** might be hard to understand. This is what they mean.

CT scan: A test that uses X-rays and a computer to take pictures of the inside of your body. CT scans do not hurt.

Lymphatic (“lim-fat-ic”) **system:** Part of your body that helps you fight off infection. It looks a bit like a roadmap inside you.

Lymphoma (“lim-foam-er”): A type of cancer that can make lumps grow in part of your body called your lymphatic system. If the lymphoma is deep inside you, you might not be able to feel the lumps.

Maintenance treatment: Medicine to stop your lymphoma coming back. It is usually a medicine called rituximab. You have it as an injection every 2 or 3 months. It only works for some types of lymphoma.

Treatment: Medicine to make your lymphoma get smaller or go away.

Notes for supporters

This booklet is one of a series of Easy Reads about lymphoma. Other titles in our Easy Read series are:

- *Finding out you have lymphoma*
- *Watch and wait for lymphoma*
- *Treatment for lymphoma*

Find them all at lymphoma-action.org.uk/Accessible-Information

Easy Read booklets are designed to be easy to understand but they might not have all the information you need to help explain lymphoma to the person you're with or to answer all their questions. If you would like more detailed information to help you understand lymphoma and its treatment, visit our website at lymphoma-action.org.uk or call our Information and Support team on 0808 808 5555. All our publications are available to download or to order free of charge over the phone or at lymphoma-action.org.uk/Publications

Macmillan Cancer Support also has a number of Easy Reads. Search 'easy read' at macmillan.org.uk to see the full range.

We hope you find this booklet useful. Please tell us what you think about it. This helps us write better information for people with lymphoma. Visit lymphoma-action.org.uk/Book-Feedback or email publications@lymphoma-action.org.uk.

Go to lymphoma-action.org.uk/Legal for our disclaimer and permitted use and reproduction of this booklet. Some of the photos used in this booklet are posed by models. References are available on request.

We would like to thank our donors who enable us to offer our services free of charge. If you would like to support us, please visit our website.

Thank you

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This booklet is about what happens after you finish treatment for lymphoma. You can read it alone or with a supporter. It covers:

- check-ups after lymphoma treatment
- how you might feel
- how to live well.

Lymphoma Action is a charity that helps people with lymphoma and their family, friends and carers. We're here for you.



Helpline freephone **0808 808 5555** (Mon to Fri, 10am to 3pm)



Email **information@lymphoma-action.org.uk**



Visit **www.lymphoma-action.org.uk**



Live Chat via our website (Mon to Fri, 10am to 3pm)

Lymphoma Action
Unit 3, Bell Business Park
Smeaton Close, Aylesbury
HP19 8JR
General enquiries 01296 619400

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