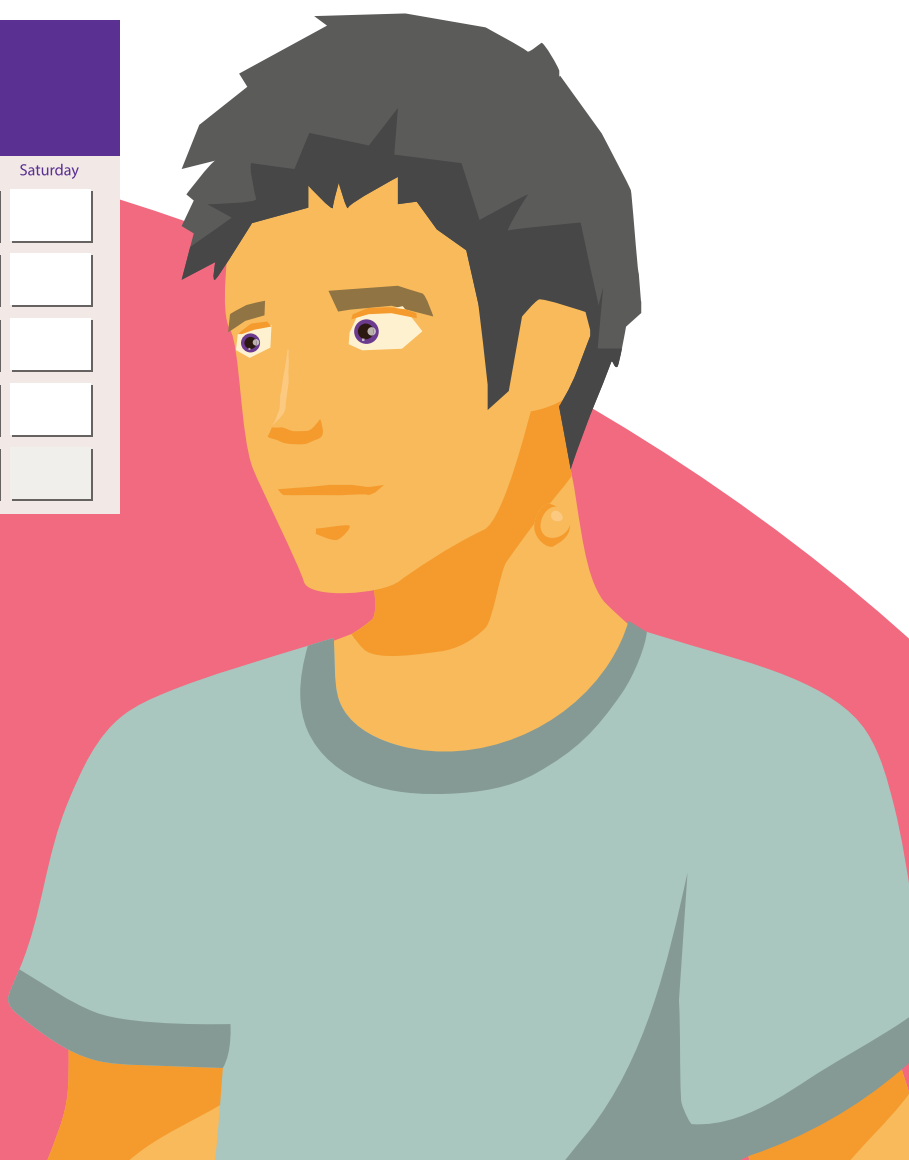


Easy Read version

Lymphoma
action 

Watch and wait for lymphoma

[illegible]



Jackie does not need treatment for her lymphoma.

Watch and wait means having check-ups instead of treatment



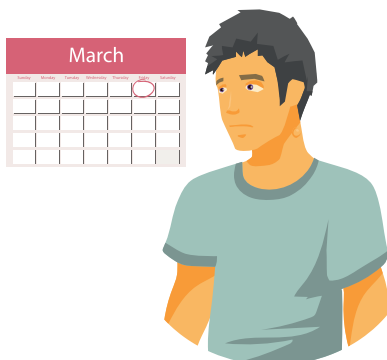
You might not need treatment for **lymphoma** straightaway.



Instead, you might have check-ups with your doctor to make sure you are feeling OK.



You only have **treatment** if your lymphoma gets worse or makes you ill.



This is called **watch and wait**.

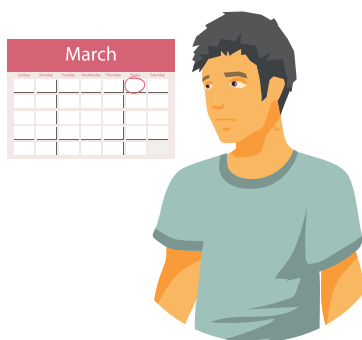


Watch and wait means you are looked at closely to make sure you start treatment if you need it.

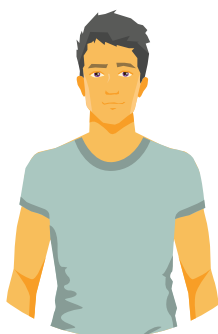


Rose is feeling well.

You go on watch and wait if your lymphoma is not making you too ill



You might go on watch and wait if your lymphoma is only growing slowly...



...and you do not feel too ill.



Watch and wait does not mean there is no treatment for you.



You just do not need any treatment yet.

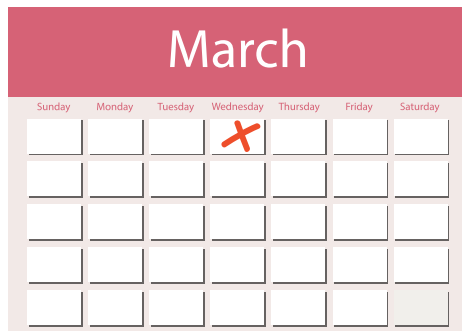


You might have treatment if you start to feel worse.



Julius is waiting for a check-up.

You see your doctor every few months



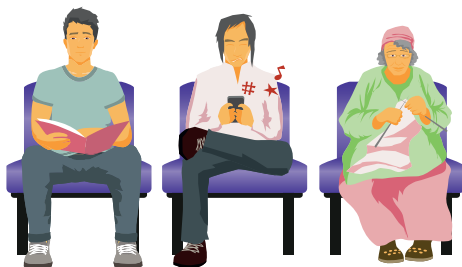
You have check-ups with your doctor every few months.



Your check-ups are usually at the hospital.



You might feel nervous or worried before your check-ups.



Take something to do while you wait for your turn.



You might want to take a friend or supporter with you.



The doctor is feeling this man's tummy.

The doctor or nurse talks to you and examines you



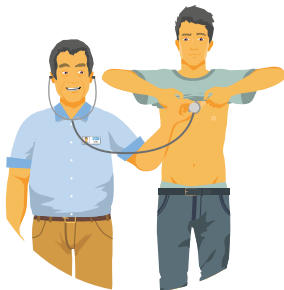
At your check-up, the doctor or nurse asks you how you are feeling.



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



They might weigh you.



They might listen to your chest.



They might take your **temperature**.

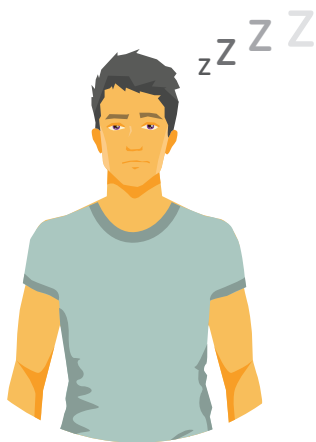


They might take your **blood pressure**.

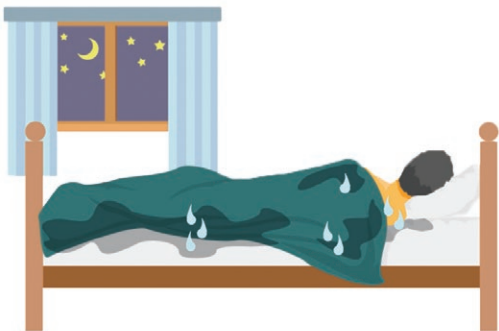
Tell your doctor or nurse if you are feeling ill



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



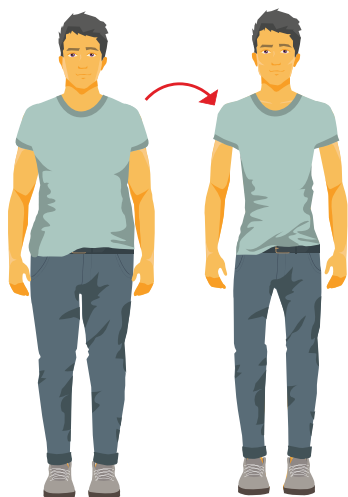
Tell your doctor or nurse if you feel very tired.



Tell your doctor or nurse if you sweat a lot, especially at night.



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



Tell your doctor or nurse if you have got thinner.



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.

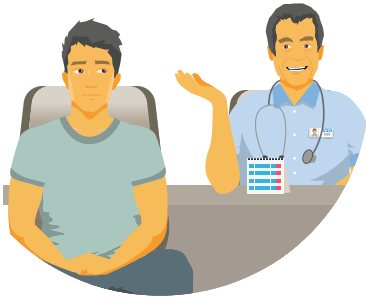


It is OK to ask your doctor or nurse questions.

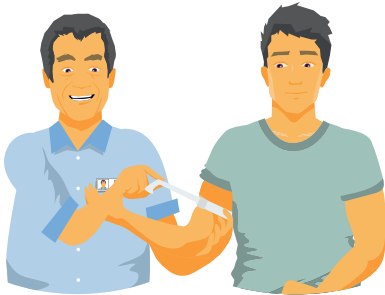


This man is having a blood test.

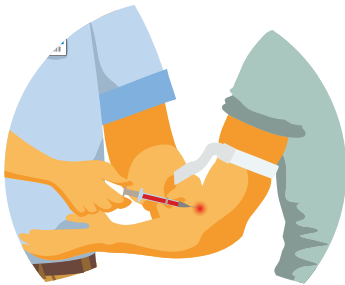
You might have blood tests



You might have blood tests at your check-up.



The doctor or nurse wipes your skin and ties a tight band around your arm.



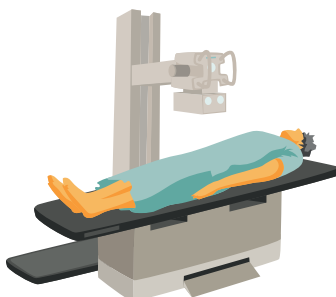
They put a needle into your arm.



It may hurt a little bit but only for a short time.



The doctor or nurse collects your blood in a small tube.



Sometimes, you might need a scan.



This lady is having treatment.

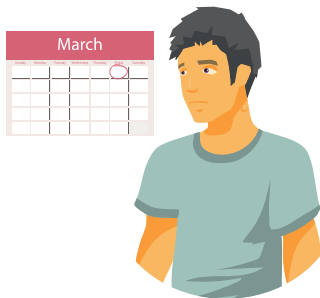
Your doctor tells you if you need treatment



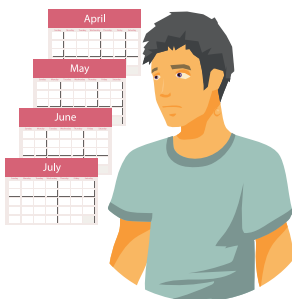
If your lymphoma has not got bigger and you feel OK, you do not need treatment.



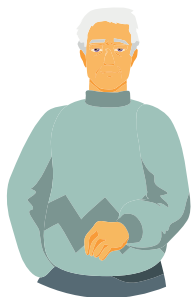
If your lymphoma is making you feel ill, you might need treatment.



You might need treatment soon after you find out you have lymphoma.



Or you might not need treatment for many years.



Some people never need treatment for their lymphoma.



Your doctor will tell you if you need treatment.



Stan feels anxious.

You might feel worried



It can be hard having an illness but not having treatment.



You might feel confused, angry or sad.



You might worry that your lymphoma is getting worse.



Or you might be happy that you do not need treatment.



Adam is talking to his supporter, Alice, about how he feels.

Tell someone if you are worried



If you are worried about your lymphoma, tell someone.



Tell a friend or family member.



Tell your supporter.



Or tell your doctor or nurse.



Leroy is going for a bike ride.

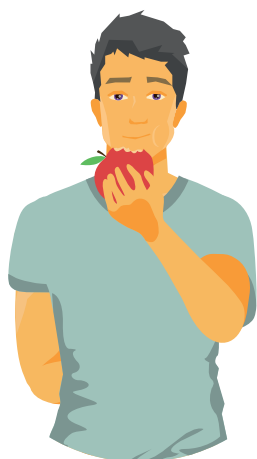
When you are on watch and wait, you can carry on with your normal life



Having lymphoma does not stop you doing the things you like.



You can carry on with your normal life.



Eat healthy food and try to do some exercise every day.



Do not smoke.

What the words mean

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

Blood pressure: How hard your heart has to work to pump blood around your body. Your doctor or nurse measures this using a special cuff around your wrist or arm. The cuff gets tight but it does 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.

Temperature: How hot or cold you are. Your doctor or nurse measures this by putting the tip of a small tool in your ear or your mouth. It does not hurt.

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

Watch and wait: Having regular check-ups for your lymphoma instead of treatment. If your lymphoma gets worse, you have treatment. Watch and wait is sometimes called ‘active monitoring’ or ‘active surveillance’.

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*
- *Treatment for lymphoma*
- *After 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. Watch and wait is sometimes called 'active monitoring' or 'active surveillance'.

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 incredible 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 when you have watch and wait for lymphoma. You can read it alone or with a supporter. It covers:

- what watch and wait is
- who might have watch and wait
- what happens at check-ups
- how you might feel.

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)

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✓	Evidence-based
✓	Approved by experts
✓	Reviewed by users