Lymphoma action

Symptom tracker

Helping you to keep track of your symptoms

Acknowledgements

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- Charlotte Bloodworth
- Tracy Howe
- Chrissie Kirby
- Sarah Wells.

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If you would like to make a donation to Lymphoma Action to help us continue providing information and support to people affected by lymphoma, you can do so at **lymphoma-action.org.uk/Donate**

This booklet is part of a series that aims to help you manage your condition and the effects of treatment. Other resources in this series include *Side effects self-management plan* and *Late effects self-management plan*. You can search for these on our website **lymphoma-action.org.uk**

How to use this book

You can use this symptom tracker to keep a note of and track of any symptoms you are having.

You may not have a diagnosis of lymphoma, but you are worried that you might be having symptoms. This book can you help to monitor any symptoms, and can be useful to show to your GP.

You may have a diagnosis of lymphoma already, and want to use this book to track your symptoms. It might help you to see if your symptoms are improving, staying the same, or getting worse, and help you to see when treatment might be necessary. If you are having treatment, it might help you to see if your treatment is working to control your symptoms.

The following pages are diary pages for you to use to record your symptoms. You might like to do this daily or weekly, depending on your symptoms. Generally it is helpful to monitor symptoms over a couple of weeks, and share this with your healthcare team so that they can review your symptoms, and your treatment if you are having any.

Remember: some things you experience may not be related to lymphoma but it helps to give your medical team as much information as you can about what is happening. If you have experienced a possible symptom for up to two weeks – or it is getting worse – contact your medical team or GP.

My contact details

Name	
Address	
Email/mobile	

My key contacts

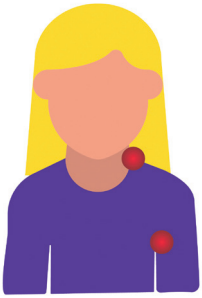
Job title/role	Name and contact details
GP	
Consultant haematologist/ oncologist	
Clinical nurse specialist (CNS) or nurse contact	

About my lymphoma

My lymphoma	Describe here
Date and age at diagnosis	
Type of lymphoma	
Stage at diagnosis	
Where in my body the lymphoma is	
Symptoms before I was diagnosed	
My treatment	

Common symptoms of lymphoma

Here are some of the common symptoms of lymphoma. It is important to note that these symptoms can have other causes, not everyone experiences them, and you might have different symptoms. **If you notice any changes to your symptoms, or develop new ones, contact a member of your medical team.**



Swollen lymph nodes – the most common sign of lymphoma is a lump or lumps, usually in the neck, armpit or groin. These lumps are swollen lymph nodes, sometimes known as 'glands'. Usually, they are painless, although they can sometimes ache or cause pain in nearby areas (for example, if they're pressing on a nerve).

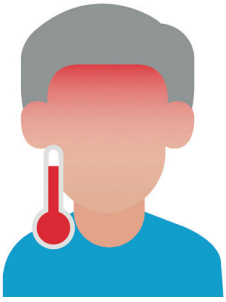
Fatigue – feeling exhausted for no obvious reason, or feeling washed out after doing very little.

Sweats – can happen at any time of the day but they are most common at night. They are often described as 'drenching' and can make your nightclothes or bed sheets soaking wet.

Unexplained weight loss – losing a lot of weight quite quickly without trying to.

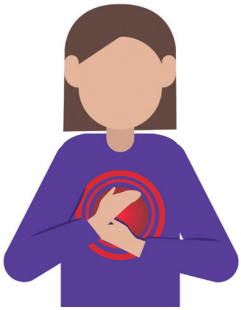
Itching (pruritus) – without a rash. This can be particularly bothersome when you get hot.

Infections – getting infections more easily and having difficulty getting rid of them. You might develop a cough if you have an infection that involves your airways (such as your lungs, nose and throat).



Fever – body temperature above 38°C/100.4°F.

Tummy (abdominal) swelling – depending on where the lymphoma is, you might develop pain, bloating, a swollen tummy, feeling sick (nausea) or being sick (vomiting), diarrhoea or constipation.



Chest symptoms – if you have swollen lymph nodes in your chest, you might develop a dry cough, shortness of breath, noisy breathing, pain behind the breastbone, or a feeling of pressure in the chest. These symptoms can be worse when you lie down.

Doctors sometimes talk about ‘B symptoms’. This means you have one or more of unexplained weight loss, night sweats and fever.

My symptoms

You can use this space to note down any possible symptoms you are having.

Symptom tracker

Date	Symptom

Notes

You can use this space to make any additional notes about your symptoms, or write questions you might want to ask your medical team.

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Information and support

If you or someone you love is affected by lymphoma, we're here for you.

You can call our freephone **helpline** on 0808 808 5555 Monday to Friday, 10am to 3pm or use Live Chat on our website.

We also have a range of other support services that are free to access. Find out more about these at **lymphoma-action.org.uk/support-you**

Support Meetings: a safe place to connect with others affected by lymphoma.

Facebook Support Group: our UK-wide group is for anyone affected by lymphoma.

Buddy Service: peer support from someone with similar lived-experience of lymphoma.

Preparing for Treatment Service: online support and information to help you prepare for treatment.

For our latest news and updates, follow us on social media.

@lymphomaaction lymphoma_action

This book has been produced by Lymphoma Action, the only UK charity dedicated to people affected by lymphoma.

We would like to thank our incredible fundraising supporters whose contributions enable us to offer our essential support services free of charge. As an organisation we do not receive any government or NHS funding and so every penny received is truly valued.

To find out more about fundraising for the Charity, please visit **lymphoma-action.org.uk/GetInvolved**

This book is designed to help you note any symptoms you have that could be related to lymphoma. Whether you have a lymphoma diagnosis or not, this book can be used to help you record and monitor any possible symptoms, and share this with your medical team.

Lymphoma Action is the UK's leading charity dedicated to supporting people affected by lymphoma, the most common blood cancer. Our mission is to make sure no-one has to face lymphoma alone.

We're here for you.

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

information@lymphoma-action.org.uk

www.lymphoma-action.org.uk

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

Inform | Support | Connect

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