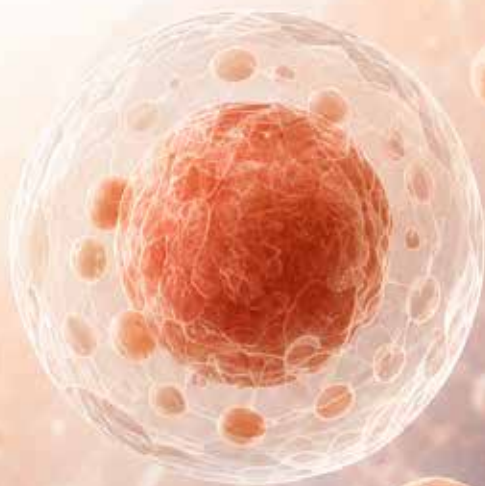


CHRONIC LYMPHOCYTIC LEUKEMIA (CLL)

PATIENT INFORMATION GUIDE



What is Chronic Lymphocytic Leukaemia (CLL)?



Chronic Lymphocytic Leukaemia (CLL) is a **slow-growing cancer of the blood and bone marrow** that affects mature white blood cells called **lymphocytes**. These cells build up gradually over time, interfering with normal blood cell production.

CLL is more common in older adults and is often discovered during routine blood tests before symptoms appear.

Signs and Symptoms

Many people with early CLL may not have symptoms.

When symptoms occur, they may include:



Persistent tiredness or weakness



Swollen lymph nodes in the neck, armpits, or groin



Frequent infections



Unexplained weight loss



Night sweats or fever



Easy bruising or bleeding

Consult your doctor if you notice any of these symptoms or if your blood tests show abnormal white cell counts.

How is CLL Diagnosed?

To confirm CLL, doctors perform the following tests:

- 1 Full Blood Count (FBC)**
Detects high white blood cell count and low red cells or platelets.
- 2 Peripheral Blood Film**
Shows abnormal lymphocytes.
- 3 Flow Cytometry**
Confirms the diagnosis and identifies the type of leukaemia cells.
- 4 Bone Marrow Aspiration and Biopsy**
Determines how much of the bone marrow is affected.
- 5 Cytogenetic and Molecular Testing**
Looks for specific genetic abnormalities that affect prognosis and treatment planning.
- 6 Imaging Scans**
Ultrasound or CT scan may be used to check spleen or lymph node enlargement.

Treatment Options

CLL management depends on the stage, symptoms, and patient's health.



Active Monitoring ("Watch and Wait")

For early-stage CLL without symptoms, no immediate treatment is needed. Regular check-ups help monitor the condition.



Targeted Therapy

Oral medications such as ibrutinib, acalabrutinib, or venetoclax target specific proteins on cancer cells.



Chemotherapy and Immunotherapy

Used to control symptoms and reduce cancer cells, sometimes in combination.



Stem Cell Transplant

Considered for younger patients or those with aggressive disease who do not respond to other treatments.



Supportive Care

Includes antibiotics for infections, blood transfusions, and medications to strengthen the immune system.

Living with CLL



Regular Monitoring

Attend all follow-up appointments to track disease progression.



Healthy Lifestyle

Eat balanced meals, stay active, and get enough rest.



Infection Prevention

Practise good hygiene and avoid crowded places during flu season.



Vaccinations

Annual flu and pneumonia vaccines may be recommended.



Emotional Support

Join cancer support groups to connect with others and share experiences.

When to Seek Medical Help?

Seek immediate medical attention if you experience:



High fever or signs of infection



Persistent bleeding or bruising



Rapidly enlarging lymph nodes



Shortness of breath or severe fatigue

**This brochure is intended for general information purposes only and should not replace professional medical advice. Please consult your doctor for medical advice specific to your condition.*



WHERE TO GET HELP?

SUNWAY **MEDICAL CENTRE** Sunway City Kuala Lumpur

Sunway Medical Centre Sdn Bhd

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