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## After Chronic Lymphocytic Leukemia Treatment

Get information about life as a survivor, next steps, and what you can do to feel good and stay as well as you can.

### Living as a CLL Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

- [Living as a Chronic Lymphocytic Leukemia Survivor](#)

### Cancer Concerns After Treatment

Treatment may remove or destroy the cancer, but it's very common to have questions about cancer coming back or treatment no longer working.

- [Second Cancers After Chronic Lymphocytic Leukemia](#)

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## Living as a Chronic Lymphocytic Leukemia Survivor

- [Follow-up care](#)

- Can I lower my risk of CLL progressing or coming back?
- Could I get a second cancer after treatment?
- Getting emotional support

- A suggested schedule for follow-up [exams and tests](#)<sup>5</sup>
- A schedule for other tests you might need in the future, such as [early detection \(screening\) tests](#)<sup>6</sup> for other types of cancer, or tests to look for long-term health effects from your cancer or its treatment
- A list of possible late- or long-term side effects from your treatment, including what to watch for and when you should contact your doctor
- [Diet and physical activity](#)<sup>7</sup> suggestions
- Reminders to keep your appointments with your primary care provider (PCP), who will monitor your general health care

### **Keeping health insurance and copies of your medical records**

Even after treatment, it's very important to keep health insurance. Tests and doctor visits cost a lot and life-long CLL treatment may be needed.

At some point after your cancer treatment, you might find yourself seeing a new doctor who doesn't know about your medical history. It's important to keep copies of your medical records to give your new doctor the details of your diagnosis and treatment. Learn more in [Keeping Copies of Important Medical Records](#)<sup>8</sup>.

### **Can I lower my risk of CLL progressing or coming back?**

If you have CLL, you probably want to know if there are things you can do that might lower your risk of the cancer growing or [coming back](#)<sup>9</sup>, such as exercising, eating a certain type of diet, or taking nutritional supplements. Unfortunately, it's not yet clear if there are things you can do that will help.

Adopting healthy behaviors such as [not smoking](#)<sup>10</sup>, [eating well](#)<sup>11</sup>, [getting regular physical activity](#)<sup>12</sup>, and [staying at a healthy weight](#)<sup>13</sup> might help, but no one knows for sure. Still, we do know that these types of changes can have positive effects on your health that can extend beyond your risk of CLL or other cancers.

### **About dietary supplements**

So far, no [dietary supplements](#)<sup>14</sup> (including vitamins, minerals, and herbal products) have been shown to clearly help lower the risk of CLL progressing or coming back. This doesn't mean that no supplements will help, but it's important to know that none have been proven to do so.

Dietary supplements are not regulated like medicines in the United States – they do not have to be proven effective (or even safe) before being sold, although there are limits on what they're allowed to claim they can do. If you're thinking about taking any type of nutritional supplement, talk to your health care team first. They can help you decide which ones you can use safely while avoiding those that might be harmful.

## Could I get a second cancer after treatment?

People who've had CLL can still get other cancers. In fact, CLL cancer survivors are at higher risk for getting some other types of cancer. Learn more in [Second Cancers After Chronic Lymphocytic Leukemia](#).

## Getting emotional support

Some amount of feeling [depressed, anxious, or worried](#)<sup>15</sup> is normal when cancer is a part of your life. Some people are affected more than others. But everyone can benefit from help and [support](#)<sup>16</sup> from other people, whether friends and family, religious groups, support groups, professional counselors, or others.

## Hyperlinks

1. [www.cancer.org/cancer/survivorship/long-term-health-concerns/cancer-as-a-chronic-illness.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/cancer-as-a-chronic-illness.html)
2. [www.cancer.org/cancer/types/chronic-lymphocytic-leukemia/treating.html](http://www.cancer.org/cancer/types/chronic-lymphocytic-leukemia/treating.html)
3. [www.cancer.org/cancer/types/chronic-lymphocytic-leukemia/treating/supportive-care.html](http://www.cancer.org/cancer/types/chronic-lymphocytic-leukemia/treating/supportive-care.html)
4. [www.cancer.org/cancer/survivorship/long-term-health-concerns/survivorship-care-plans.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/survivorship-care-plans.html)
5. [www.cancer.org/cancer/diagnosis-staging/tests.html](http://www.cancer.org/cancer/diagnosis-staging/tests.html)
6. [www.cancer.org/cancer/screening.html](http://www.cancer.org/cancer/screening.html)
7. [www.cancer.org/cancer/risk-prevention/diet-physical-activity.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity.html)
8. [www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html)
9. [www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html)
10. [www.cancer.org/cancer/risk-prevention/tobacco.html](http://www.cancer.org/cancer/risk-prevention/tobacco.html)
11. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html)
12. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html)

13. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/take-control-your-weight.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/take-control-your-weight.html)
  14. [www.cancer.org/cancer/managing-cancer/treatment-types/complementary-and-integrative-medicine/dietary-supplements.html](http://www.cancer.org/cancer/managing-cancer/treatment-types/complementary-and-integrative-medicine/dietary-supplements.html)
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## **Second Cancers After Chronic Lymphocytic Leukemia**

- [Soft tissue sarcoma](#)<sup>7</sup>

People with CLL need to see their doctors regularly. Let your doctor know if you have any new symptoms or problems. These may be from the CLL, or they may be from some other cancer or disease. Also be sure to get your routine [cancer screening tests](#)<sup>8</sup> and well check-ups. These can help find problems early, when they're usually easier to treat.

All people with CLL should avoid tobacco smoke, as smoking increases the risk of many cancers and might further increase the risk of some of the second cancers seen in patients with CLL.

See [Second Cancers in Adults](#)<sup>9</sup> for more information about causes of second cancers.

## Hyperlinks

1. [www.cancer.org/cancer/types/salivary-gland-cancer.html](http://www.cancer.org/cancer/types/salivary-gland-cancer.html)
2. [www.cancer.org/cancer/types/melanoma-skin-cancer.html](http://www.cancer.org/cancer/types/melanoma-skin-cancer.html)
3. [www.cancer.org/cancer/types/laryngeal-and-hypopharyngeal-cancer.html](http://www.cancer.org/cancer/types/laryngeal-and-hypopharyngeal-cancer.html)
4. [www.cancer.org/cancer/types/lung-cancer.html](http://www.cancer.org/cancer/types/lung-cancer.html)
5. [www.cancer.org/cancer/types/colon-rectal-cancer.html](http://www.cancer.org/cancer/types/colon-rectal-cancer.html)
6. [www.cancer.org/cancer/types/kaposi-sarcoma.html](http://www.cancer.org/cancer/types/kaposi-sarcoma.html)
7. [www.cancer.org/cancer/types/soft-tissue-sarcoma.html](http://www.cancer.org/cancer/types/soft-tissue-sarcoma.html)
8. [www.cancer.org/cancer/screening.html](http://www.cancer.org/cancer/screening.html)
9. [www.cancer.org/cancer/survivorship/long-term-health-concerns/second-cancers-in-adults.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/second-cancers-in-adults.html)

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