

Date: \_\_\_\_\_

Dear \_\_\_\_\_:

You are found to have low risk B cell chronic lymphocytic leukemia (CLL). You will now be discharged by your hematologist. However, you will need to continue with follow up care which will be provided by your primary care physician/nurse practitioner.

We recommend the following care plan:

1. History and physical examination by your primary care physician/nurse practitioner every 6 to 12 months.
2. On each visit you will need to get a blood test (CBC) done to see if the CLL is getting worse.

Please inform your primary care physician/nurse practitioner if any of the following symptoms occur. They will refer you back to your hematologist.

- Pain or difficulty eating. (As this could be caused by an enlarged spleen)
- Unexplained rapid weight loss.
- Persistent fever of 38 degree Celsius or more for which no other cause is identified by your primary care physician/nurse practitioner.
- Persistent night sweats in the absence of significant heat, resulting in soaking of your clothing.
- Fatigue affecting your ability to perform regular activities at home such as cooking, bathing, laundry, yard care etc.
- Enlargement of lymph glands in any part of your body causing pain or discomfort.
- Repeated infections requiring antibiotic treatments or hospitalizations.

Guidelines for CLL follow-up care are available on the Saskatchewan Cancer Agency website: [www.saskcancer.ca](http://www.saskcancer.ca) (in the Health Professionals-Clinical Resources section)

Please feel free to contact the Psychosocial Oncology Department if you need assistance with supportive care services or access to other resources.

Sincerely,

Dr. \_\_\_\_\_