

ALL

Questions

ANSWERED



People diagnosed with cancer may have many thoughts and concerns. We've put together some important questions and answers to help support those diagnosed with acute lymphoblastic leukemia and their caregivers.

KNOW
ALL

What is survivorship?

An ALL survivor is generally defined as someone who has been diagnosed with ALL, no matter where they are in their journey.¹ Survivorship focuses on the **life** of cancer survivors, including support during and after treatment, and how to live with cancer.¹

Survivorship can be impacted by cancer severity, treatment options, and patient factors such as other health problems.² Survivorship should focus on improving long-term quality of life for patients, and physicians should optimize treatment options for patients to reduce the risk of relapse while minimizing long-term side effects.²



How do I access community support?



There are many different types of support available to patients with ALL.³ Your healthcare provider may be able to make a **referral** to community support, such as a **physiotherapist**, occupational **therapist**, or **dietitian**. Community **nurses** may be able to visit you in your home to help administer medicine, check wounds, and give support to family members who are carers.³

You may also be able to access community support independently.³ Services can vary depending on location, but may include charity support, voluntary groups, and local support groups. Your healthcare provider may know of the local support available in your area.³

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Where can I go for help with stress, anxiety, and depression?

If you are becoming stressed, anxious, or depressed, it is important to get help.⁴ Help can be accessed through:



Talking to your healthcare team can be the first step in getting help with mental health issues after an ALL diagnosis or during and after treatment. If you feel more comfortable, you could take a friend or family member with you to discuss any concerns and to ensure you get the help that you need.⁴



Are there any benefits of sharing my story with ALL?



Jaymz Goodman, the Know ALL Chair and a patient with ALL, discussed why he has shared his story:

It felt good to talk about what I was going through, feeling like it would mean that people could understand me and what I was going through a bit more. Through having multiple ways of expressing myself, it felt every time I did, the weight of the experiences and diagnosis got lighter. It also, strangely, has over the years provided me a way to look back at what I went through when I otherwise might have forgotten. Sometimes I can forget how difficult it was at times, and so when I want to remember things, I have a place to read my feelings. Also given that chemotherapy has such stark effects on memory, for me especially, it meant I could bring up things that I otherwise would have probably forgotten at the time.

References

1. Cancer survivorship. National Cancer Institute. <https://www.cancer.gov/about-cancer/coping/survivorship>. Accessed Sep 12, 2024.
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3. Support at home for you and your family. Cancer Research UK. <https://www.cancerresearchuk.org/about-cancer/coping/practically/support-at-home>. Updated Aug 9, 2023. Accessed Sep 12, 2024.
4. Cancer and mental health support. Macmillan Cancer Support. <https://www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/cancer-and-mental-health-support>. Accessed Sep 12, 2024.

KNOW ALL

A global education and awareness initiative that provides patients and caregivers with the information, resources, and support they need to deal with acute lymphoblastic leukemia.

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In collaboration with



SEPTEMBER
20

Get involved!

World ALL Day is a time when patients and caregivers from all around the world come together to help raise awareness of acute lymphoblastic leukemia. On World ALL Day (September 20), the patient and caregiver communities unite globally to help educate others and raise awareness. Please help support our campaigns by sharing information from our website and social media channels.

Thank you to the funders of Know ALL. All content is developed independently by SES in collaboration with an expert ambassador group; funders are allowed no influence on the content of Know ALL.

