

## **Conclusion**

### **[Narrator]**

Lymphoma is a complex disease. When first diagnosed, there's so much to learn and adjust to. Eventually, you and your family learn the language of lymphoma and you become an expert about your treatment and care. The booklet accompanying this program contains many tips and resources. You'll find definitions for terms used in this program, and a list of resources including phone numbers and internet addresses. There are also suggested references, articles and books.

To live well with non-Hodgkin lymphoma, you must become your own best advocate. You know yourself and your body better than anyone. Ask for what you need, and let your healthcare team know if you need more information or support, or if you think you're developing a new problem. As time goes by, you'll learn to manage and live fully with this chronic illness.

Let's review some important points we've learned.

- Everyone diagnosed with cancer is a survivor – from the moment we are diagnosed until the day we die.
- Lymphomas can be complex; so can its treatment.
- Many people need treatment on an on-again/off-again basis throughout their lives, so it's important to know about common symptoms and side effects of the disease and treatment and how to manage them.
- You can't alter the fact that you've been diagnosed with non-Hodgkin lymphoma, but you can learn to adapt and manage the necessary life changes required to live as fully as possible.
- You are not alone.
- There are hundreds of clinical trials in progress, a good sign that we'll continue to see new forms of treatment.

- There is good information about lymphoma clinical trials on the National Cancer Institute, the Lymphoma Research Foundation, and Leukemia and Lymphoma Society websites.
- The lymphoma battle is “hard to fight alone; support helps”.
- There are people all around to help you through this. You only have to let someone know you need help.
- The goal after a cancer diagnosis is to get back to normal, but most often, a “new normal” must evolve.
- You must be a self-advocate. You need to be direct in asking for what you need and stand up for your rights to good care and support.
- Taking care of yourself as the caregiver can help you be a better caregiver.

This program from the National Coalition for Cancer Survivorship was made possible by a grant from the Centers for Disease Control and Prevention.