

About CLL

CLL is a slow-growing type of blood cancer. It starts when white blood cells called lymphocytes stop working properly and grow out of control.

About 4,500 people in the UK are diagnosed with CLL every year. It is one of the most common blood cancers in adults.

We do not know exactly what causes CLL. It is not because of anything you have or have not done. You cannot catch CLL or pass it on to anyone else.

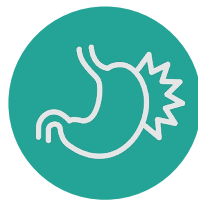
Some people with CLL have no symptoms and are diagnosed after a blood test for something else. If you have symptoms, they may include:



White blood cells



Swollen glands



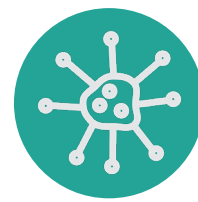
Tummy pain or fullness



Unexplained weight loss



Fever



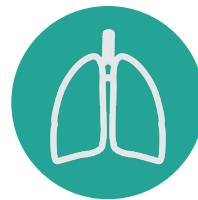
Frequent infections



Night sweats



Fatigue

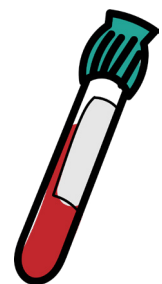


Feeling breathless or dizzy



Bleeding or bruising

CLL is diagnosed by blood tests and bone marrow tests. You may also need a CT scan to check your lymph nodes, liver and spleen.



Active monitoring for CLL

If your CLL is not causing problems, you might not need treatment straight away. Instead, your haematology team might monitor you regularly. This is called 'active monitoring' or 'watch and wait'. You'll have regular check-ups and blood tests. You'll be offered treatment when you need it.

Contact your GP or haematology team if you become worried about your health at any time. You don't have to wait until your next appointment.

Treatment for CLL

CLL rarely needs urgent treatment because it is very slow growing. It is very treatable and, if you need treatment, there are lots of options. Your haematology team will recommend what is best for you based on your individual circumstances.

The most common treatment options are:

- Targeted medicines designed to attack proteins in CLL cells. You usually take these as a tablet or capsule.
- Antibody therapy, which triggers your immune system to destroy CLL cells. You have this via a drip in a vein as a hospital outpatient.



You might have these on their own or in combination.

Treatment aims to keep your CLL under control so you can get on with your life.

Most people live with CLL for many years. Some people never need treatment, or not for a long time. Others have times when they have treatment and times when they don't. You might have several different treatments over the course of your illness.

For [more information about CLL](#), follow the link. Or search 'CLL' at www.leukaemiacare.org.uk or scan the QR code. This also includes links to order free information in print.



Need help? We offer a range of [support services](#). To find out more, scan the QR code, click the link or search 'support for you' at leukaemiacare.org.uk



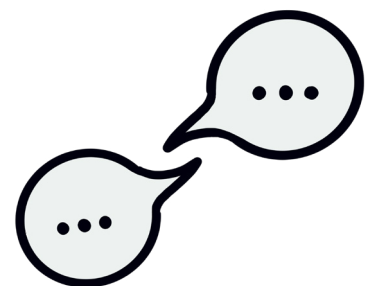
Want to talk?

Call our freephone helpline on **08088 010 444**

Message us on WhatsApp at **07500 068065**

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