

# Acute Lymphocytic Leukemia (ALL): Newly Diagnosed



Being told you have acute lymphocytic leukemia (ALL) can be scary, and you may have many questions. But you have people on your healthcare team to help.

## Coping with fear

It's normal to feel afraid. Learning about your leukemia and about the treatment options you have can make you feel less afraid. This also helps you work with your healthcare team and make the best choices for your treatment. You can also ask to speak with a counselor.

## Working with your healthcare team

Your healthcare team might include:

- **Hematologist/oncologist.** This is a healthcare provider who specializes in treating cancers of the blood, including leukemia.
- **Bone marrow transplantation specialist.** This is a healthcare provider who specializes in treating cancer with bone marrow and stem cell transplants.

You might have other types of healthcare providers or nurses on your team as well. They will answer any questions you may have. They'll help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and the results of those tests. They'll guide you in making treatment decisions and help prepare you and your loved ones for what's ahead.

## Learning about treatment options

To decide the best course of treatment for you, your healthcare team needs to know as much as they can about your leukemia. This may involve getting some tests and working with more than one healthcare provider.

It's important to talk with your healthcare providers about your treatment choices, their benefits, and their risks. Make sure you understand what treatment will be like. Ask questions if there is anything you are not sure about. In most cases, ALL tends to grow quickly. Because of this, it's important to start treatment soon after you are diagnosed.

## Getting support

Coping with cancer can be very stressful. Talk with your healthcare team about seeing a counselor. They can refer you to someone who can help. You can also visit support groups in person or online to talk with other people coping with your type of leukemia. Ask your healthcare team about local support groups.

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