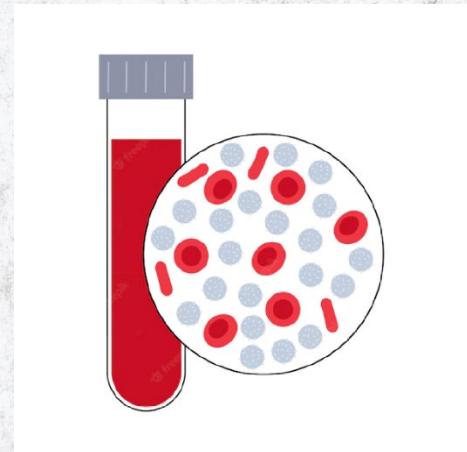


## Chronic lymphocytic leukemia:



Chronic lymphocytic leukemia (CLL) is a type of cancer that occurs in blood and bone marrow (the spongy tissue inside bones where blood cells are made)

### Symptoms:

Many people with chronic lymphocytic leukemia have no symptoms at the early stages. Signs and symptoms might develop as the cancer progresses. The symptoms are:

- Enlarged, but painless, lymph nodes
- Fatigue
- Fever
- Pain in the upper left portion of the abdomen, which may be caused by an enlarged spleen
- Night sweats
- Weight loss
- Frequent infections

### Causes:

It is unknown what starts the process that causes chronic lymphocytic leukemia. What's known is that something happens to cause changes (mutations) in the DNA of blood-producing cells.

### **Risk factors:**

- Your age. This disease occurs most often in older adults.
- Family history of blood and bone marrow cancers.
- Exposure to chemicals like certain insecticides.
- A condition that causes excess lymphocytes

### **Prevention:**

Avoid smoking and drinking alcoholic beverages

Avoid exposure to radiation and harmful rays

Eat foods rich in fiber, fruits, citrus fruits, cabbage vegetables, and broccoli

Reduce foods that contain high fats

Reduce the consumption of smoked foods, and foods prepared on charcoal

The use of vitamin folic acid for pregnant women during pregnancy

