

### What is active monitoring?

This is a way of monitoring your health when you have a chronic blood cancer that doesn't need immediate or continuous treatment. Instead, you have regular check-ups, and you monitor your symptoms at home.

Your haematology team or GP will monitor your signs and symptoms as part of your check-ups. You can also contact them between check-ups if your symptoms change or worsen. Treatment is available if or when you need it.

### Why is active monitoring used?

Active monitoring helps you to save treatment until you need it, and when it will have the most impact. It's a good approach when you have a blood cancer that is slow-growing or stable. You can live with these conditions, sometimes for a long time, before they might affect you and need treatment.

Early treatment won't improve your outcomes or help you live longer.

### When is active monitoring used?

You might be on active monitoring when you're first diagnosed with chronic blood cancer or after a successful course of treatment. Active monitoring is safe for you when:

- You have no symptoms or symptoms that are not too troublesome
- Treatment could do you more harm than good due to side effects

You're not alone! About 22 in 100 people with chronic blood cancer are on active monitoring. That's about 27,000 people in the UK.



### How does active monitoring work?

Active monitoring is a partnership between you and your haematology team or GP:

- You have regular blood tests and check-ups, either in person, by phone or video. Your haematology team or GP will ask about your symptoms and discuss your blood test results. Sometimes they may offer you other tests depending on your condition.
- You monitor your symptoms at home. You keep a record of any new or worsening symptoms and how they're affecting you. Your haematology team or GP will tell you which symptoms to look out for.



If your haematology team or GP think you might need treatment, you may have more frequent check-ups at first. Or they might discuss your treatment options with you straightaway.

## How can I live well on active monitoring?

Active monitoring often means you have time on your side. You might have long periods of active monitoring after your diagnosis or after successful treatment for your condition. Some people don't need treatment for a long time. Some never need treatment.



Try to make the most of this time to improve your general health and fitness. This will help you feel better and prepare for treatment if or when you need it.

This information is aimed at people in the UK. We do our best to make sure it is accurate and up to date, but it should not replace advice or guidance from your health professional.

For more [information about active monitoring](#), follow the link or scan the QR code. Or search 'active monitoring' at [www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk). 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](http://leukaemiacare.org.uk)



## Want to talk about active monitoring?

Call our freephone helpline on **08088 010 444** (weekdays 9am to 4.30pm)

Send a WhatsApp to **07500 068065** (weekdays 9am to 4.30pm)

Visit [www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)

Email [support@leukaemiacare.org.uk](mailto:support@leukaemiacare.org.uk)

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