

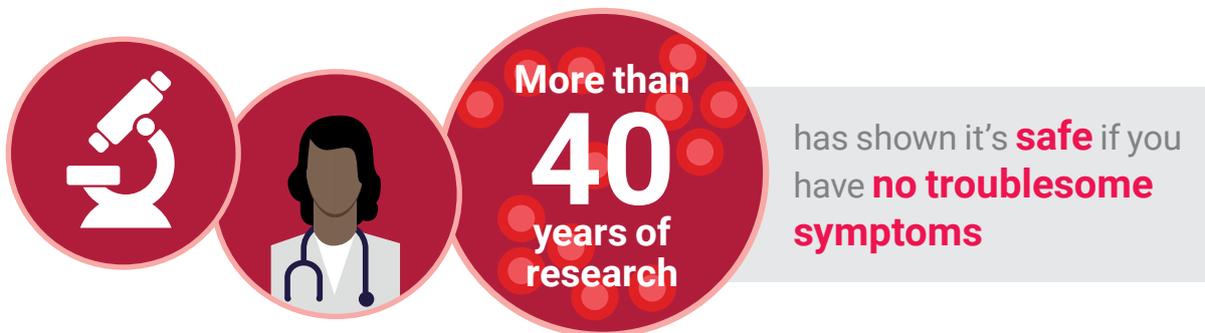
WATCH AND WAIT

What you need to know

If you have a slow-growing blood cancer, instead of starting treatment straight away, you and your doctor may agree to 'watch and wait'. This means you'll have regular check-ups and blood tests so doctors can monitor you.

Why is it recommended?

Watch and wait doesn't mean that you can't be treated – it's offered when your doctor believes there's no added benefit to starting treatment straight away.



Who is on watch and wait?

5,000

people are expected to go on watch and wait in the UK each year.

27,000

people are currently monitored in this way – that's

13%

of everyone with **blood cancer**

How often will my appointments be?

The length of time between your check-ups could be anything from once every few weeks to once a year.



Finding out more

We offer patient information on many blood cancer types and topics, online and in free printed booklets. They cover everything from symptoms and diagnosis through to treatment and living with your condition.

-  For more information about watch and wait or specific conditions, go to **bloodwise.org.uk/info-support**
-  We also have an online community you may like to join: **bloodwise.org.uk/bloodwise-community**
-  Or you can call our Support Line on **0808 2080 888** (Mon–Fri 10am–4pm). This is a freephone number.
-  See our website for more details of cancer information specialists and support groups. Go to **bloodwise.org.uk/info-support/living-with**

About Bloodwise

We're the UK's specialist blood cancer charity. We've been working to beat blood cancer since 1960.

We fund world-class research; provide practical and emotional support to patients and their loved ones; and raise awareness of blood cancer.

We'd like to thank Dr Sajir Mohamedbhai, Dr Sally Moore and Dr Kevin Boyd for their help and support in developing the content and checking for clinical accuracy. A list of references used in this fact sheet is available on request, please email **information@bloodwise.org.uk**

Our fact sheets contain general information. Always listen to the advice of your specialist about your individual condition – because every person is different.

Disclaimer

We make every effort to make sure that the information in this fact sheet is accurate, but you shouldn't rely on it instead of a fully trained clinician. It's important to always listen to your specialist and seek advice if you have any concerns or questions about your health.

Bloodwise can't accept any loss or damage resulting from any inaccuracy in this information, or from external information that we link to.

The information in this fact sheet is correct at the time it was printed (November 2017).

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