



Watch and Wait

Your guide to tracking symptoms of Waldenstrom's Macroglobulinemia



WMFC

Waldenstrom's Macroglobulinemia
Foundation of Canada

Waldenstrom's Macroglobulinemia (WM) is a slow-growing cancer and many patients do not display symptoms at diagnosis. If you do not have any symptoms, you may not need to be treated right away. During this time, your healthcare provider may recommend blood tests every few months to monitor your condition. This is called "active surveillance" or "watch and wait". Treatment is typically only needed after you show symptoms of WM, and you may go years without requiring treatment.

There is currently no cure for WM – each treatment has associated side-effects/complications and early treatment does not increase longevity. "Watch and wait" lets you avoid the negative effects of unnecessary treatments, so you can enjoy a better quality of life.

What symptoms should I "watch" for?

- Changes in vision
- Confusion
- Easy bruising
- Enlarged lymph nodes
- Fatigue
- Fever
- Frequent colds, infections, or pneumonia
- Headache
- Night sweats
- Nose/gum bleeds
- Numbness, tingling, burning sensations in hands or feet
- Shortness of breath
- Weight loss

**If you are on
"watch and wait",
you should...**

Keep a careful record of your tests and symptoms, including when symptoms first appeared.

Mention all your symptoms to your healthcare provider, especially if symptoms are changing or getting worse over time.

WM Symptom Tracker

Healthcare Provider Name: _____

Contact no: _____ Next appointment: _____

The following chart can be used to log **any symptoms that arise** between appointments with your healthcare provider. You should also record any **changes in existing symptoms**. This chart can be downloaded as a fillable PDF on your computer and populated as required. You can also print and share it with your healthcare provider at your next appointment.

Date	Symptom	Severity (mild/moderate/severe)	Additional notes or observations
June 24, 2022	Headache	Mild → Severe	Headaches worsening

WM is a rare cancer, but you are not alone.

Visit www.wmfc.ca for more information on WM and the education and support services we offer.