

Waldenström's Macroglobulinemia (WM)

How to live with Waldenström's Macroglobulinemia

Nutrition



For a patient with Waldenström's Macroglobulinemia there are no special diets to follow or dietary substances to use.

Instead, follow recommended guidelines for optimal health, including a healthy balanced diet, high in fruits, vegetables, and whole grains and low in fatty foods and red meat. It is also important that you stay hydrated by drinking water and other non-carbonated, decaffeinated, and non-alcoholic beverages every day.¹

If you are under treatment, you have to consider that nutritional needs of people with haematological disease vary from person to person.²

Your care team can help you identify your nutrition goals and plan ways to help you meet them.²



Eating well while you're being treated might help you:²

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Feel better
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Keep up your strength and energy
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Maintain your weight and your body's store of nutrients
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Better tolerate possible treatment-related side effects
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Lower your risk of infection
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Heal and recover faster

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Exercise

Physical exercise can help you improve aspects of your quality of life.³

It is important to choose the type of exercise that best suits your physical condition, taking into account your age and your anemia, and your tastes, as the goal will be to keep you active.³

The decision regarding when to initiate and how to maintain physical activity should be individualized to the patient's condition and personal preferences. Exercise during cancer treatment improves multiple posttreatment adverse effects on bone health, muscle strength, and other quality-of-life measures.⁴

While physical activity is important to relieve fatigue, a balance in the amount of physical activity is also required.³



The main thing is to find a kind of exercise that you enjoy: not an obligation imposed by the doctor, but only a way to get better.⁵



Seek advice for type and intensity of physical activity that is suitable to your conditions, and avoid some activities during or soon after treatment for WM, particularly in case of side effects.⁵



Emotional health and counselling

The fact of being diagnosed can have a great impact on your life and can affect your mood and relationships with people around you.⁶

Distress is very common in patients with Waldenström's Macroglobulinemia, therefore its identification and treatment are a clinical priority because distress is a risk factor for non-adherence to medical treatment and a deterioration in the quality of life.⁶

An effective approach to the management of emotions in patients with your condition is to match your needs and the provision of care, so that you can have an effective emotional support. It's important that you trust your treating team and that you have a continuous and open dialogue on the emotional aspects of the disease.⁶

Your treating team, consisting of doctors, nurses, and allied health staff, can help you with your emotional needs, and, in case, suggest a referral to appropriate specialists. Experts advise seeking support, both in the medical team with which you are carrying out the treatment and with professionals or groups that can help from a psychological or emotional point of view.⁶



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References

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