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After Treatment for Waldenstrom Macroglobulinemia

Get information about life as a cancer survivor, next steps, and what you can do to help.

Living as a Cancer Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

[Living as a Waldenstrom Macroglobulinemia Survivor](#)

Living as a Waldenstrom Macroglobulinemia Survivor

- [Keeping health insurance and copies of your medical records](#)
- [Can I lower my risk of Waldenstrom Macroglobulinemia progressing or coming back?](#)
- [If the cancer comes back](#)
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- [Getting emotional support](#)

Current [treatments](#)¹

will monitor your general health care

Keeping health insurance and copies of your medical records

Even after treatment, it's very important to keep health insurance. Tests and doctor visits cost a lot, and even though no one wants to think about their cancer coming back, this could happen.

At some point after your cancer treatment, you might find yourself seeing a new doctor who doesn't know about your medical history. It's important to keep copies of your medical records to give your new doctor the details of your diagnosis and treatment. Learn more in [Keeping Copies of Important Medical Records](#)⁵.

Can I lower my risk of Waldenstrom Macroglobulinemia progressing or coming back?

If you have (or have had) WM, you probably want to know if there are things you can do that might lower your risk of the cancer growing or coming back, such as exercising, eating a certain type of diet, or taking nutritional supplements.

Adopting healthy behaviors such as [not smoking](#)⁶, [eating well](#)⁷, [getting regular physical activity](#)⁸, and [staying at a healthy weight](#)⁹ might help, but no one knows for sure. However, we do know that these types of changes can have positive effects on your health that can extend beyond your risk of myeloma or other cancers.

About dietary supplements

So far, no [dietary supplements](#)¹⁰ (including vitamins, minerals, and herbal products) have been shown to clearly help lower the risk of cancer progressing or coming back. This doesn't mean that no supplements will help, but it's important to know that none have been proven to do so.

Dietary supplements are not regulated like medicines in the United States – they do not have to be proven effective (or even safe) before being sold, although there are limits on what they're allowed to claim they can do. If you're thinking about taking any type of nutritional supplement, talk to your health care team. They can help you decide which ones you can use safely while avoiding those that might be harmful.

If the cancer comes back

If the cancer does recur at some point, your treatment options will depend on where the cancer is located, what treatments you've had before, and your health. For more information on how recurrent cancer is treated, see [Treating Waldenstrom Macroglobulinemia](#)¹¹.

For more general information on recurrence, you may also want to see [Understanding Recurrence](#)¹².

Second cancers after treatment

People who've had WM can still get other cancers. In fact, WM survivors are at higher risk for getting some other types of cancer. Learn more in [Second Cancers After Waldenstrom Macroglobulinemia](#).

Getting emotional support

Some amount of feeling depressed, anxious, or worried is normal when WM is a part of your life. Some people are affected more than others. But everyone can benefit from help and support from other people, whether friends and family, religious groups, support groups, professional counselors, or others. Learn more in [Life After Cancer](#)¹³.

Hyperlinks

1. www.cancer.org/cancer/types/waldenstrom-macroglobulinemia/treating.html
 2. www.cancer.org/cancer/diagnosis-staging/tests/imaging-tests/imaging-radiology-tests-for-cancer.html
 3. www.cancer.org/cancer/managing-cancer/side-effects.html
 4. www.cancer.org/cancer/survivorship/long-term-health-concerns/survivorship-care-plans.html
 5. www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html
 6. www.cancer.org/cancer/risk-prevention/tobacco.html
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Second Cancers After Waldenstrom

Cancer survivors can have a number of health problems, but often their greatest concern is facing cancer again. If a cancer comes back after treatment it is called a [recurrence](#)¹. Unfortunately, being treated for one cancer doesn't mean you can't get another cancer. Some cancer survivors might develop a new, unrelated cancer later. This is called a second cancer. No matter what type of cancer you have had, it is still possible to get another (new) cancer, even after surviving the first. People who have had cancer can still get the same types of cancers that other people get. In fact, some types of cancer and cancer treatments can be linked to a higher risk of certain second cancers.

Hyperlinks

1. www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html
2. www.cancer.org/cancer/types/acute-myeloid-leukemia.html
3. www.cancer.org/cancer/types/non-hodgkin-lymphoma.html
4. www.cancer.org/cancer/types/thyroid-cancer.html
5. www.cancer.org/cancer/types/melanoma-skin-cancer.html
6. www.cancer.org/cancer/risk-prevention/tobacco.html
7. www.cancer.org/cancer/risk-prevention/diet-physical-activity.html
www.cancer.org/cancer/risk-prevention/diet-physical-activity/alcohol-use-and-cancer.html