The diagnosis of leukemia, lymphoma, myeloma or other hematological disorders can present many challenges beginning with understanding the disease and possible treatments.

- **Aplastic Anemia:** A condition where bone marrow makes too few white and red blood cells and platelets.
- **Leukemia:** A group of cancers of the white blood cells. Leukemias can occur in two forms: acute-fast forming chronic-slow progressing. There are two main types of leukemia: Lymphocytic and Myelogenous. Some leukemias are Acute Lymphocytic Leukemia (ALL), Acute Myelogenous Leukemia, Chronic Myelogenous Leukemia (CML).
- **Lymphoma:** Cancer of the lymph tissue. There are two types: Hodgkin’s lymphoma and Non-Hodgkin’s lymphoma.
- **Myeloma:** Cancer of the plasma cells in the blood. In patients with myeloma, plasma cells often exist in unusually large numbers. Multiple Myeloma is a type of myeloma involving multiple sites.
- **Myelodysplastic Syndrome:** Also called pre-leukemia or smoldering leukemia. It is a disease of the bone marrow in which too few platelets, red blood cells and white blood cells are made.
- **Thalassemia:** A group of chronic, inherited anemias.
Here are some common terms your physician may use when discussing your treatment.

- **Biopsy:** The removal of tissue from the body to be studied under a microscope
- **Bone Marrow Transplant (BMT):** Giving healthy bone marrow (a spongy tissue of large bones where the body's blood cells red cells, white cells, platelets are made) to patients whose marrow is damaged.
  - **Autologous:** A bone marrow/blood stem cell transplant in which the patient's own cells are used.
  - **Allogeneic:** A bone marrow/blood stem cell transplant in which the cells come from another person. The donated cells can come from a related (sibling) or unrelated donor.
- **Chemotherapy:** Drugs that kill cancer cells
- **HLA Typing:** A person's specific Human Leukocyte Antigens A, B, C and DR proteins
- **Radiation:** Treatments that eliminate/shrink cancer cells by using high-energy radiation
- **Relapse:** The return of the disease after treatment
- **Remission:** When cancer cells are gone after treatment
- **Transfusion:** Getting blood through infusion

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**치료방법**

치료에 대한 의사와의 상담 시 설명 듣게 되는 일반적인 치료 방법을 소개합니다.

- **생체 검사:** 환자의 몸에서 조직을 패어내어 현미경으로 조사하는 검사
- **골수이식 (BMT):** 건강한 골수 (糅안의 적혈구, 백혈구 그리고 혈소판등의 혈액세포가 만들어지는 크기가 큰 뼈 속의 스폰지 조직)를 훼손된 골수를 갖고 있는 환자에게 이식하는 치료 방법
  - 자가골수이식- 환자 본인의 세포를 사용하여 골수/조혈모세포를 이식하는 방법
  - 동종골수조혈모세포이식- 혈연(형제)이나 비혈연 기증자 세포를 이식하는 방법
- **화학 요법:** 암세포를 죽이는 약물 요법
- **HLA 타이핑:** 개인의 특정 인간백혈구항원 (A, B, C and DR 단백질)
- **방사선치료:** 고에너지 방사선을 사용하여 암세포를 제거하거나 줄이는 치료법
- **제발:** 치료 후 병이 다시 발생
- **관해:** 암세포가 치료 후에 없어지는 것
- **수혈:** 혈액을 주입하는 것
How to prepare for appointments

- Write down questions before your visit
- Bring your medicines you're taking including any alternative medicine (e.g. herbal products, Chinese medicine)
- Arrange interpretation service if needed (most hospitals have the ability to provide interpreters)

Tips for self advocacy

- Seek other opinions
- Know your health insurance coverage
- Discuss with your physician when to call him and how to communicate with him
- Consult with your physician before taking any alternative medicine
- Do not be shy about your questions. Just ask and ask
- Talk to people who have a similar disease/treatment and situation.
- Pain can be managed. It is important to talk to your doctor.

Types of Questions to ask

- What is my disease?
- What is the standard treatment for my disease?
- How does chemotherapy work?
- What can I expect during chemotherapy?
- Are there any side effects? How would I manage the side effects?
- How many treatments will I be given?
- What about clinical trials?
- Which drugs are given?
- Is care covered by my insurance plan?
- Where would I receive my treatment?
- What about bone marrow transplantation?
- If pain becomes a problem, how would we manage it?
- How long would I usually have to wait for appointments or returning of phone calls?
INSURANCE/FINANCIAL INFORMATION

Cancer imposes a heavy financial strain on both patients and their families. For many, some medical expenses are covered by health insurance. For those who may need financial assistance, resources are available. Patients and their families should discuss concerns and questions about health care costs with their physician and social worker.

Understanding your financial situation:
1. Organize your records
2. Understand the type of plan that you have to know your benefits.
   Types of plans include:
   ❑ Group plans offered by your employer
   ❑ Individual policy
   ❑ Medicare-Federal health insurance program for those who receive Social Security benefits (65 and older).
   ❑ Medicaid (Medical Assistance) - Federal/state health care program which provides health insurance for low-income individuals.
   ❑ Disability Programs
   ❑ High-Risk Insurance
3. Develop a financial plan
4. Look for resources
5. Fundraising

Resources:
National Marrow Donor Program
Office of Patient Advocacy
www.marrow.org
888-999-6743
Cancercare
www.cancercare.org
800-813-4673
Social Security Administration
www.ssa.gov
800-772-1213

Medicare
www.medicare.gov
800-633-4227
Medicaid
www.cms.hhs.gov/madicaid
877-267-2323
The Bone Marrow Foundation
www.bonemarrow.org
800-365-1336

보험 및 재정 정보

암은 환자와 그 가족에게 재정적으로 무거운 압박을 가합니다. 많은 경우에 의료비용의 일부가 건강보험에 의해 보상이 됩니다. 재정적인 지원이 필요한 환자들이 이용할 수 있는 지원들이 준비되어 있습니다. 환자와 가족들은 건강 관리를 위한 경비에 대해 담당의사나 소셜워커와 상의하는 것이 좋습니다.

분인의 재정 상태에 대한 이해:
1. 기록을 정리하십시오.
2. 귀하가 갖고 있는 보험의 종류를 잘 이해하여 어떤 혜택이 있는지 파악하십시오.
   보험의 종류는 다음과 같습니다.
   ❑ 고용주가 제공하는 회사보험
   ❑ 개인보험
   ❑ 메디카이어 - 사회보장 혜택을 받는 분들 (65 세이상)에 대한 연방 보험 프로그램.
   ❑ 메디카이드 (의료보조) - 저소득의 개인에게 공급해주는 연방/주 건강 보험 프로그램.
   ❑ 장애 프로그램
   ❑ 고위험 보험
3. 재정적인 계획을 세우십시오.
4. 재정 보조 자원을 알아보십시오.
5. 모금하기

도움이 되는 곳:
National Marrow Donor Program
Office of Patient Advocacy
www.marrow.org
888-999-6743
Cancercare
www.cancercare.org
800-813-4673
Social Security Administration
www.ssa.gov
800-772-1213

Medicare
www.medicare.gov
800-633-4227
Medicaid
www.cms.hhs.gov/madicaid
877-267-2323
The Bone Marrow Foundation
www.bonemarrow.org
800-365-1336
HOSPITAL STAY

While hospitalized, a patient may need to have a caregiver present.

Who’s Who
It is important for the patient and the family to get familiar with the hospital medical team.

- Primary oncologist/hematologist
- Attending Physician
- Discharge Nurse
- Social Worker
- Bone Marrow Transplant Coordinator
- Nutritionist
- Nurse

ASKING QUESTIONS
Ask all the questions that you can. Do not wait until your doctor’s next visit. Report everything. It is important to report any and all pains, discomforts, and changes in your body.

COMMON QUESTIONS THAT YOUR DOCTOR MAY ASK

- How do you feel?
- Do you have diarrhea?
- Do you have a rash?
- Did you have a bowel movement?
- Do you have a fever?

COMMON QUESTIONS THAT YOUR DOCTOR MAY ASK

- 입원 시 유의사항

병원에 입원하는 기간 동안 환자를 위해 보호자가 상주해야 하는 경우가 있습니다.

의료진의 구성원 과약
환자와 가족들이 병원 의료진들의 열굴을 잘 익히두는 것은 중요합니다.

- 알 전문의/혈액 질환 전문의
- 주치의
- 퇴원 담당 간호사
- 소결위커
- 골수이식수술 코디네이터
- 영양사
- 간호사

궁금한 사항에 있을 경우
무엇이든지 궁금한 것은 질문을 하도록 합니다. 다음 의사의 방문까지 기다릴 필요가 없습니다. 모든 것을 담당자들에게 보고하는 것이 좋습니다. 통증이나 불편함 등 몸에서 일어나는 모든 변화를 보고하는 것은 중요합니다.

담당의사가 혼히 물어보는 질문사항들

- 기분이 어떻게나가요?
- 설사를 했습니까?
- 발진이 생기지 않았습니까?
- 배변은 어떻게나가요?
- 열은 없습니까?
영어 표현들

말하고자 하는 내용을 손가락으로 표시할 수 있습니다.

1. I need an interpreter
   통역사가 필요합니다
2. I need some water
   물 좀 주십시오.
3. I need to go to the bathroom
   화장실에 가고 싶습니다
4. What medication is that? What is it for?
   무슨 약입니까? 이 약은 왜 먹는 겁니까?
5. I want to see the Doctor
   의사와 만나고 싶습니다
6. Where are you taking me and for what?
   지금 저를 어디로 데리고 가는 겁니까?
   왜 가는 겁니까?
7. I have pain
   통증이 있습니다
8. I have a headache
   두통이 있습니다
9. It is hard to breathe
   숨을 쉬기가 힘이 듭니다
10. I have a rash
    발진이 있습니다
11. I have trouble swallowing.
    삼키기가 어렵습니다
12. I have diarrhea
    설사가 나다
13. I have constipation
    변비가 있습니다

영어 표현들

14. I have cramps
    경련/치가 나고 있습니다
15. I have swelling
    뿌기가 있습니다
16. I feel cold/hot
    춥습니다/덥습니다
17. I feel nauseous
    구역질이 납니다
18. I feel numb
    느낌이 없습니다
19. I feel tired/I have no energy
    피곤합니다/힘이 없습니다
20. What is going on with me?
    제가 어떤가요?
21. Am I alright?
    제가 이상이 없는 것이죠?
22. Is the chemotherapy working?
    화학요법이 잘 듣고 있습니다
23. Can I bring food from home and eat?
    집에서 음식을 가져 와서 먹어도 됩니까?
24. What is the next step?
    다음 단계는 무엇입니까?
25. When can I go home?
    집에 언제 갈 수 있습니까?
26. When I go home, what should I be careful with: food, visitors, pets, environment, job, sex?
    퇴원하면 조심해야 할 사항은 무엇입니까: 음식물, 방문자, 애완동물, 환경, 직장, 성생활?
GET HELP

You could play a role in your healthcare. Most patients are benefited by:
1. Asking Questions
2. Gathering more information (knowing more about your disease)
3. Attending support groups (groups in language may be available)
4. Speaking with other patients with the same disease/treatments
5. Eating Healthy (Consult your physician and/or nutritionist regarding your ethnic foods)
6. Seeking other medical opinions

Resource Directory:
American Cancer Society
www.cancer.org - 800-227-2345

Leukemia and Lymphoma Society
www.leukemia-lymphoma.org - 800-955-4572

National Marrow Donor Program
Office of Patient Advocacy
www.marrow.org - 888-999-6743

National Cancer Institute
www.cancer.gov - 800-422-6237

Culturally Appropriate Patient Support Services (CAPSS)
Asians for Miracle Marrow Matches
www.AsianMarrow.org - 888-236-4673

도움받기

건강 관리의 역할을 할 수 있습니다. 대부분의 환자들은 다음과 같은 것들을 통해 유익을 받게 됩니다.
1. 질문하기
2. 보다 많은 정보를 수집하기 (자신의 병에 대해 많이 알아야 합니다)
3. 서포트 그룹에 참여하기 (한국어 그룹이 있는가 확인해 보시기 바랍니다)
4. 같은 병이나 치료를 받는 환자들과 이야기 나누기
5. 건강식품 섭취하기 (한국 음식에 관해 담당의의나 영양사와 상담하는 것이 좋습니다)
6. 다른 의학적 견해가 있는지 찾아보기

도움이 되는 곳:
American Cancer Society
www.cancer.org  800-227-2345

Leukemia and Lymphoma Society
www.leukemia-lymphoma.org  800-955-4572

National Marrow Donor Program
Office of Patient Advocacy
www.marrow.org  888-999-6743

National Cancer Institute
www.cancer.gov  800-422-6237

Culturally Appropriate Patient Support Services (CAPSS)
Asians for Miracle Marrow Matches
www.AsianMarrow.org  888-236-4673

한국혈액암협회
www.bloodcancer.or.kr

한국혈액암협회
www.kmdp.or.kr

한인건강정보센터 (KHEIR)
www.koreanhealth.org

한국혈액암협회
www.bloodcancer.or.kr

한국혈액암협회
www.kmdp.or.kr

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www.bloodcancer.or.kr

한국혈액암협회
www.kmdp.or.kr

한인건강정보센터 (KHEIR)
www.koreanhealth.org
HOSPITAL STAY

Common Questions/Phrases-PLEASE POINT TO THE ITEM

1. I need an interpreter
2. I need some water
3. I need to go to the bathroom
4. What medication is that? What is it for?
5. I want to see the Doctor
6. Where are you taking me and for what?
7. I have pain
8. I have a headache
9. It is hard to breathe
10. I have a rash
11. I have trouble swallowing
12. I have diarrhea
13. I have constipation
14. I have cramps
15. I have swelling
16. I feel cold/hot
17. I feel nauseous
18. I feel numb
19. I feel tired/I have no energy
20. What is going on with me?
21. Am I alright?
22. Is the chemotherapy working?
23. Can I bring food from home and eat?
24. What is the next step?
25. When can I go home?
26. When I go home, what should I be careful with: diet, visitors, pets, environment, work, sex.