

## Service Highlights

---

### Evaluating Medical Claims and Data

Guidance on how to recognize strong and weak information and clinical data – including how to identify potential conflicts of interest and sources of bias among patients, alternative practitioners, drug sponsors, and scientists.

### Locating Clinical Trials for Lymphoma

Providing single-click access to trials by:

Lymphoma **subtype**

Treatment **type**

Treatment **setting** - first line, refractory...

Geographic **location**

### Clinical Trials of interest for lymphoma

Perhaps the sheer number of trials for lymphoma is an obstacle to enrollment? That, and the complexity of evaluating each and how it may relate to one's circumstance and treatment goals. Here we list studies that appear to answer important clinical questions, and, potentially, the clinical needs of patients:

First-line alternatives to watchful waiting

First-line combination therapies

Overcoming refractory lymphoma

Meeting special needs

### Preparing for Doctor Visits

Guidance to help patients prepare for visits.

### The Problem with Testimonials

We provide reasons testimonials cannot be relied upon as evidence, and list red flags for untrustworthy information on cancer.

**Online Support Groups** We moderate several online support groups to enable patients to share experiences, ask questions, and give encouragement and support.

**Ask Question** We respond to questions posted to our website in a timely manner, and link patients to reputable sources of information, such as peer-reviewed medical literature.

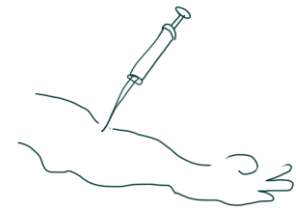
## Who we are

---

*Independent caregivers and patients, helping patients with lymphoma to be better-informed partners in their care.*

## Blood Draws and IVs: Tips for Minimizing Anxiety and Pain

---



### Lymphomation

*Providing evidence-based resources on lymphoma and its treatments – and informed perspectives on clinical research and clinical trial design – independent of health industry funding*

### Lymphomation.org

[About Lymphoma](#) | [Advocacy & Art](#) | [CAM](#) | [Clinical trials](#)  
[Doctors](#) | [Guidelines at diagnosis](#) | [How to Help](#) | [Research](#)  
[Side Effects](#) | [Support](#) | [Symptoms](#) | [Tests](#) | [Treatments](#) | [WebCasts](#)

# “STICK”Y SITUATIONS

## *A patient's guide to minimizing discomfort from IV and injections*

*"Some people have veins that are quite small and difficult to access. Some veins are scarred from repeated punctures to the vein or occluded (blocked).*

*People undergoing chemotherapy, for example, and those being monitored for side effects while taking coumadin may have more difficulty during a blood draw because their veins have been punctured so often.*

*For these individuals, venipuncture can involve more than one needle stick."*<sup>1</sup>

### TIPS

- "Avoid caffeine and alcohol for 24 hours before the stick." ~ Don (Nhl-follic)
- Warm the skin with moist compresses for about 10 minutes facilitates blood flow to the area<sup>1</sup>

*This allows the veins to dilate and the skin to soften.*<sup>4</sup> ~ Don & Tony

- Be well hydrated. Specifically ask your doctor if it is ok to have water before the time of the IV.

*"Many procedures say nothing to eat or drink for some number of hours but plain water is often allowed." ~ Don (Nhl-follic)*

### Be politely assertive:

- Some people who know their blood is difficult to draw will request the technician with whom they have had the best results.<sup>1</sup>
- Tell the technician the good spots to try the needles, techniques, or instruments that work well.<sup>1</sup>
- Tell the technician which arm to use to avoid the lymph nodes more prone to infection.<sup>1</sup>
- Ask for an expert.

*I know every tech needs to learn but after this much time, I'm through being the practice dummy. Trust me, the trainees don't want a "hard stick" any more than you want a trainee." ~ Don (Nhl-follic)*

### Ask about:

- Numbing Creams to reduce pain, such as EMLA cream<sup>1</sup>
- Finger-Stick Tests<sup>1</sup>

*Complete blood counts can be obtained this way. This option is available at most large medical centers. Caveat: While quick and less intimidating, there are plenty of nerve cells in this area.*

- Catheters and Ports<sup>1</sup>

*If you know you need frequent blood draws over a period of time and your blood draws are requiring three or more attempts*

*before they are successful, ask about the availability and advisability of using ports or catheters.*

**Caveat:** Discuss risk of infection of using ports and catheters.

- "Ask to have the IV started while you are lying down."  
~ Don (Nhl-follic)

*This can be important since some facilities like to start the IV while you are in another location from the test and seated. I get much better results when I'm horizontal.*

- Try to relax.

*"Tense muscles only make it worse."  
Caregivers: Try distracting your loved one with conversation.*

### RESOURCES:

#### 1 Tips on Blood Testing

<http://www.labtestsonline.org/understanding/testtips/bloodtips-3.html>

#### 2 Oncology Nursing Tips

<http://www.cancersupportivecare.com/nurse.html>

#### 3 Patients on NHL-follic support forum