



Is Diet Important in Controlling the Progression of CLL?

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Jeff Folloder:

Everyone asks this question: Is diet in controlling the progression of CLL?

Dr. Wierda:

So I think diet is important for everybody. I'm conscious of my diet. I think it's important to eat a well-balanced diet and to not be extreme or excessive with regard to any of your dietary or health practices in general. There haven't been any diets—specific diets—that we recommend for patients with CLL that may affect their disease or their disease progression, so there aren't any special diets, any food, special food restrictions that we recommend for patients who have CLL that would make a difference in terms of their outcome.

There has been some data generated with green tea extract, which is referred to as EGCG or epigallocatechin, and that agent has been reported as reducing leukemia counts and perhaps delaying progression of the disease. So that may be one dietary—one agent that has some tie into—into diet.

But otherwise there aren't really any special restrictions or recommendations that we make with regard to diet other than being sensible about your diet and weight and exercise and activity. I think those are very important to maintain—your—a good exercise regimen activity level for your general health.

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