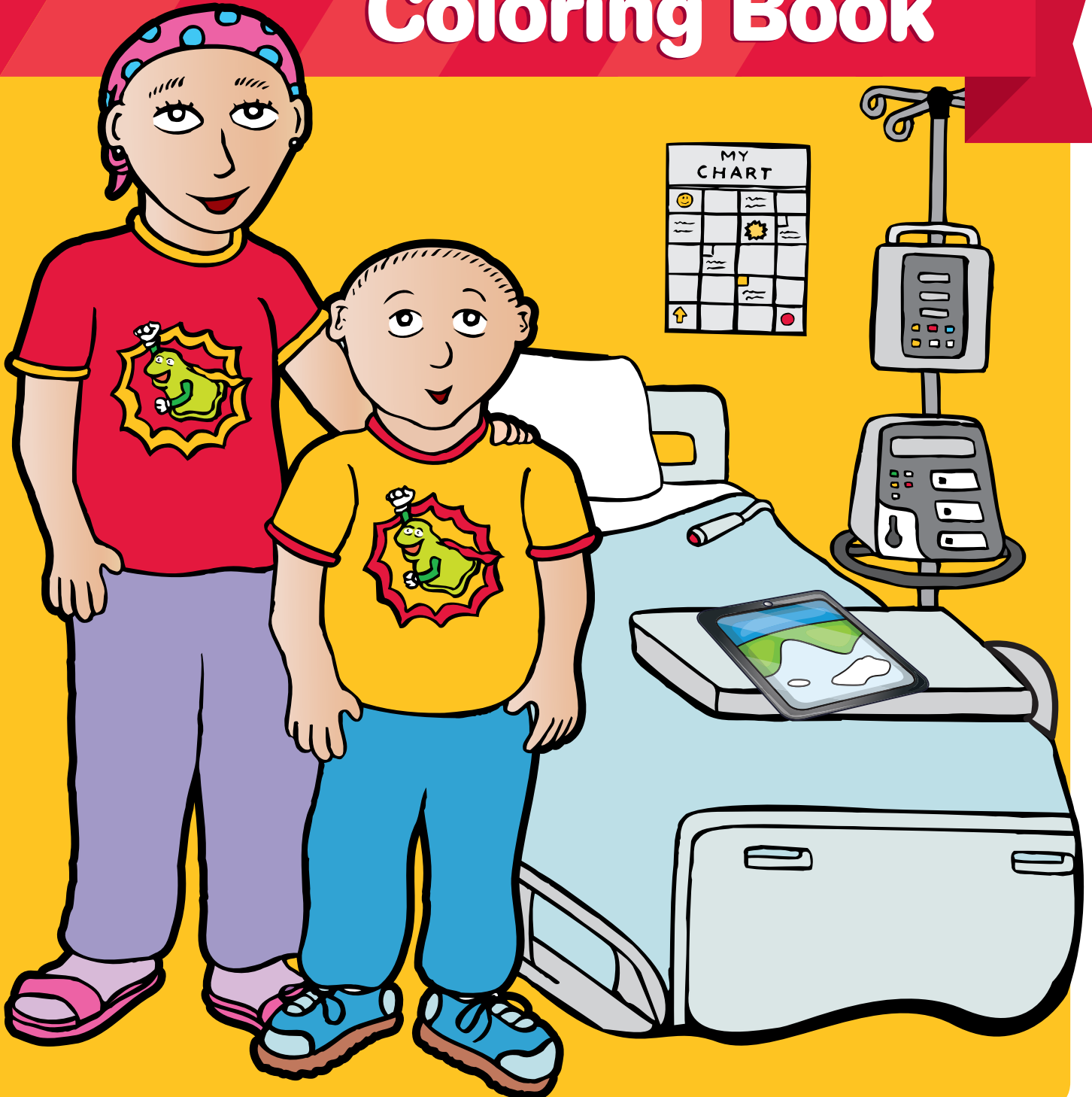




LEUKEMIA &  
LYMPHOMA  
SOCIETY®

# The Stem Cell Transplant Coloring Book



## A Note to Caregivers:

# The Stem Cell Transplant Coloring Book



This coloring book is for children with blood cancer who are coping with having a stem cell transplant. It is also for brothers, sisters, friends and classmates of the young patient, and children with a parent who is having a stem cell transplant. The pictures and activity pages depict the experiences of Sam and Serena, two young stem cell transplant patients. Through these experiences, the coloring book provides support and encouragement. Caregivers may find that with children of any age, using it together helps to generate discussion, questions and expression of feelings.

Stem cell transplant policies and procedures vary from one medical center to another. Some of the illustrations and captions may not reflect the experience at your hospital. This may need to be explained to the young patient. For example, Sam and Serena's visitors wear masks and gloves; their visitors do not wear gowns or shoe covers.

## Acknowledgement

The Leukemia & Lymphoma Society (LLS) gratefully acknowledges, for her critical review and important contributions to the material presented in this publication,

### Wendy Landier, PhD, CRNP, FAAN

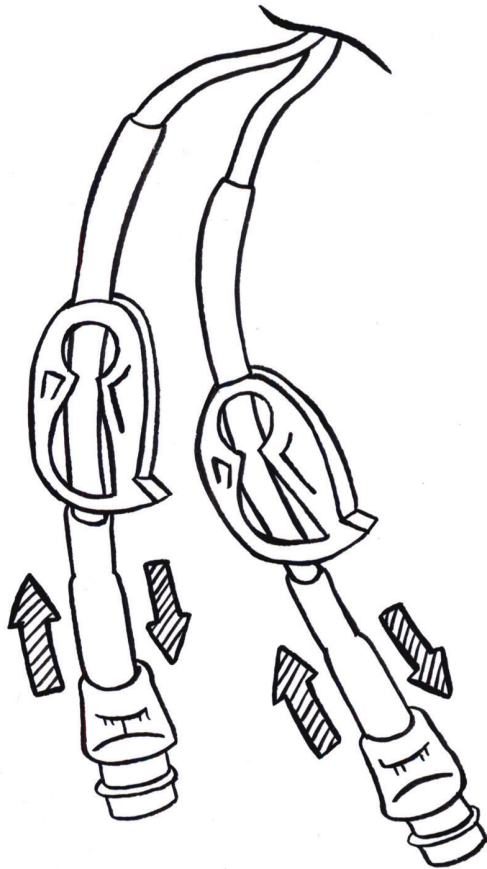
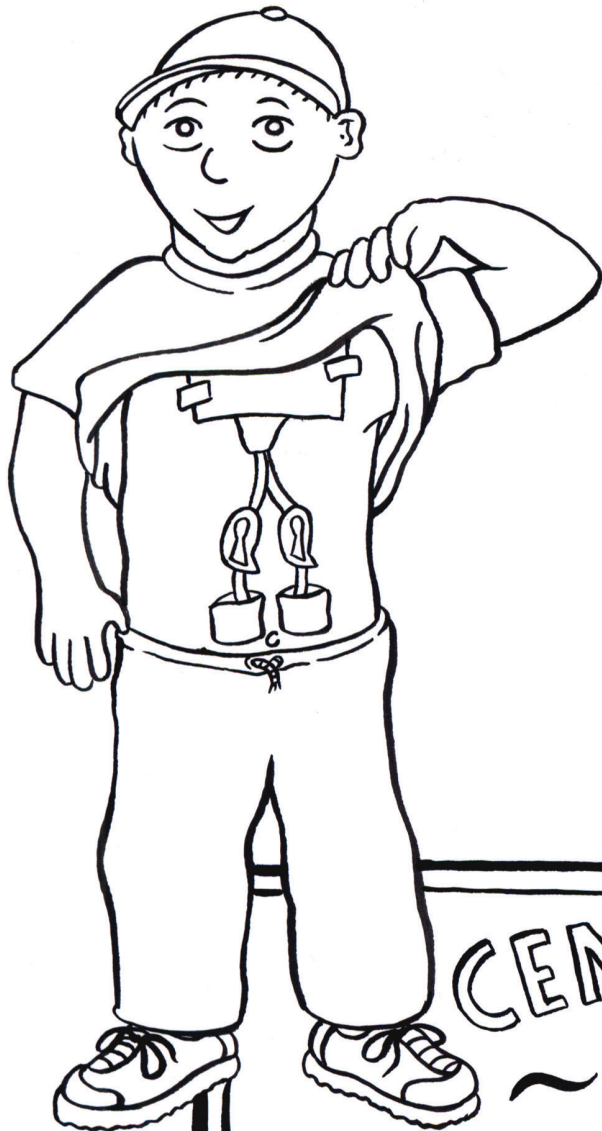
Associate Professor, Division of Pediatric Hematology/Oncology  
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LLS thanks Brian Yanish and Nikki Shaner-Bradford for their contribution for the drawings in this book.

*This publication is designed to provide accurate and authoritative information about the subject matter covered. It is distributed as a public service by The Leukemia & Lymphoma Society (LLS), with the understanding that LLS is not engaged in rendering medical or other professional services. LLS carefully reviews content for accuracy and confirms that all diagnostic and therapeutic options are presented in a fair and balanced manner without particular bias to any one option.*



**Hi, my name is Sam.** Let me show you my hospital room.  
I brought some favorite things from home.



# CENTRAL LINE ~ CLUB ~

I GOT MY CENTRAL LINE AT \_\_\_\_\_

DATE: \_\_\_\_\_



\_\_\_\_\_  
SIGNATURE

OFFICIAL MEMBER

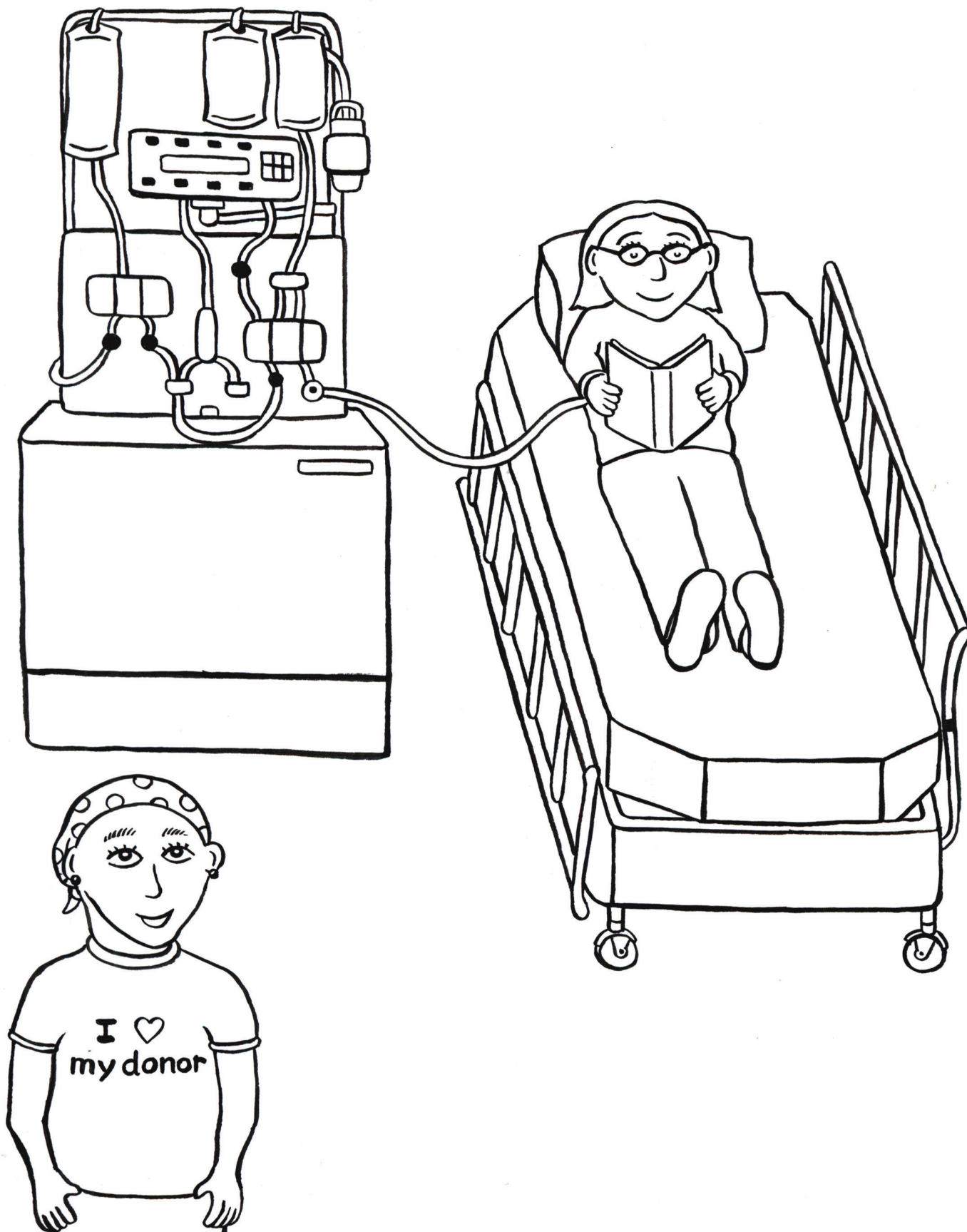
My central line is for getting medicine and blood tests.



Draw what you think about to pass the time in the hospital.

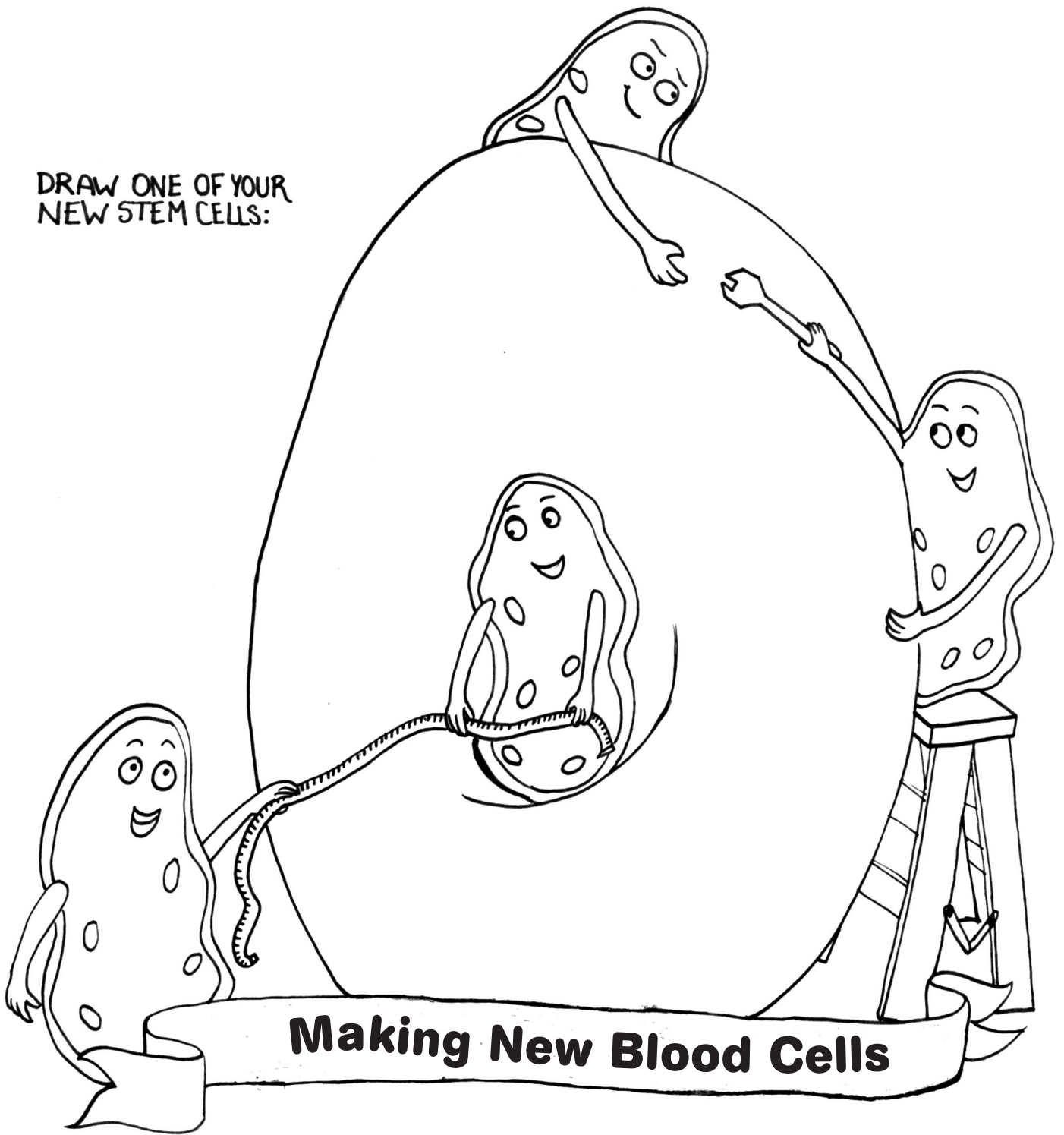


**I'm Serena.** I'm getting chemo to get rid of the bad cells that are not working right and make room for my new blood cells. I'm listening to music and thinking about ice skating.

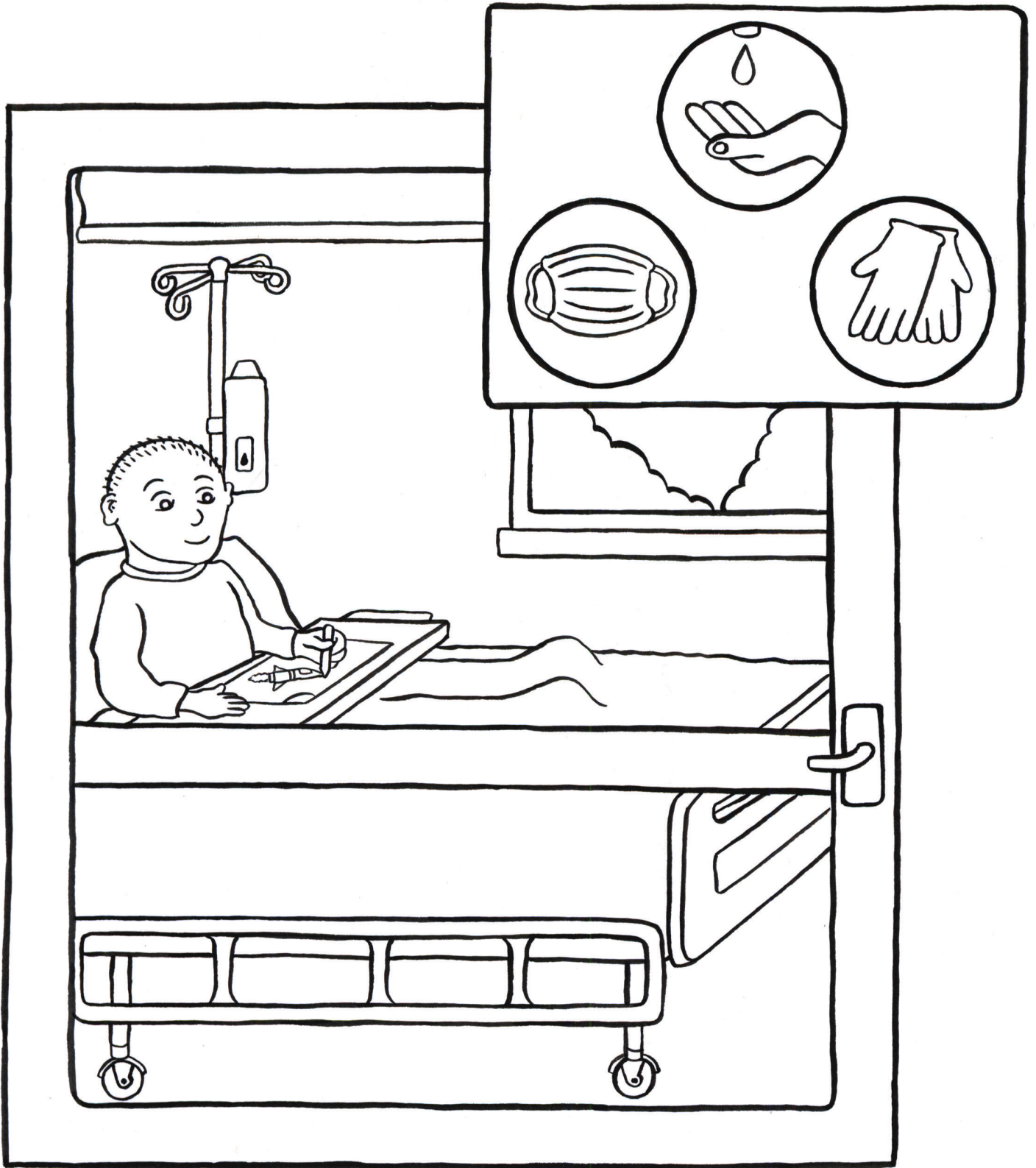


Stem cells can come from bone marrow or blood.  
My donor's stem cells are being collected from  
her blood by a special machine.

DRAW ONE OF YOUR  
NEW STEM CELLS:



My new stem cells have to learn to work together  
with my body to make my new blood cells.  
My new blood cells will keep me healthy and strong.



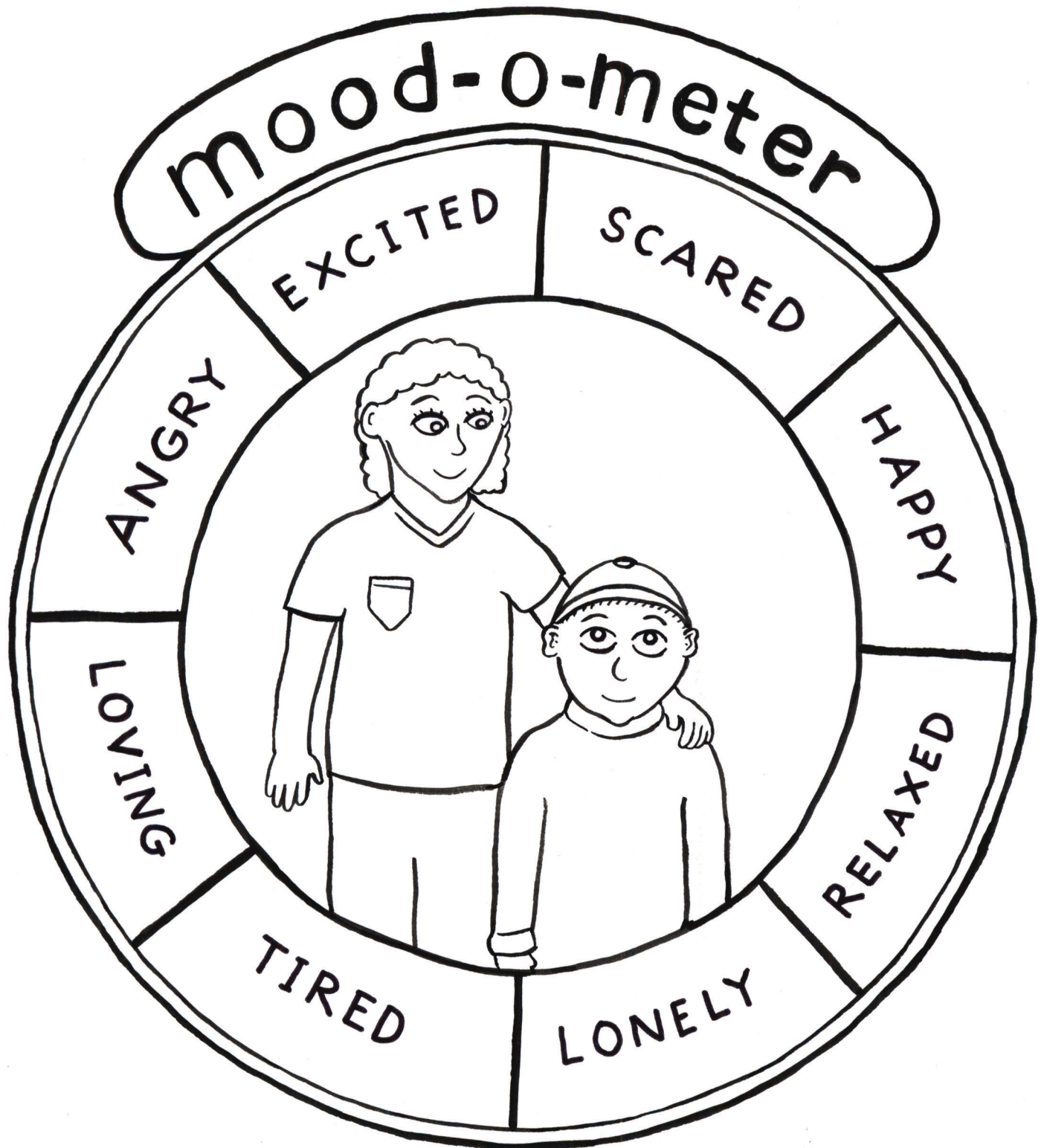
**Today is transplant day.** Sam has to stay in his room. Everyone who comes to see him washes their hands first. At Sam's hospital they also wear masks and gloves.





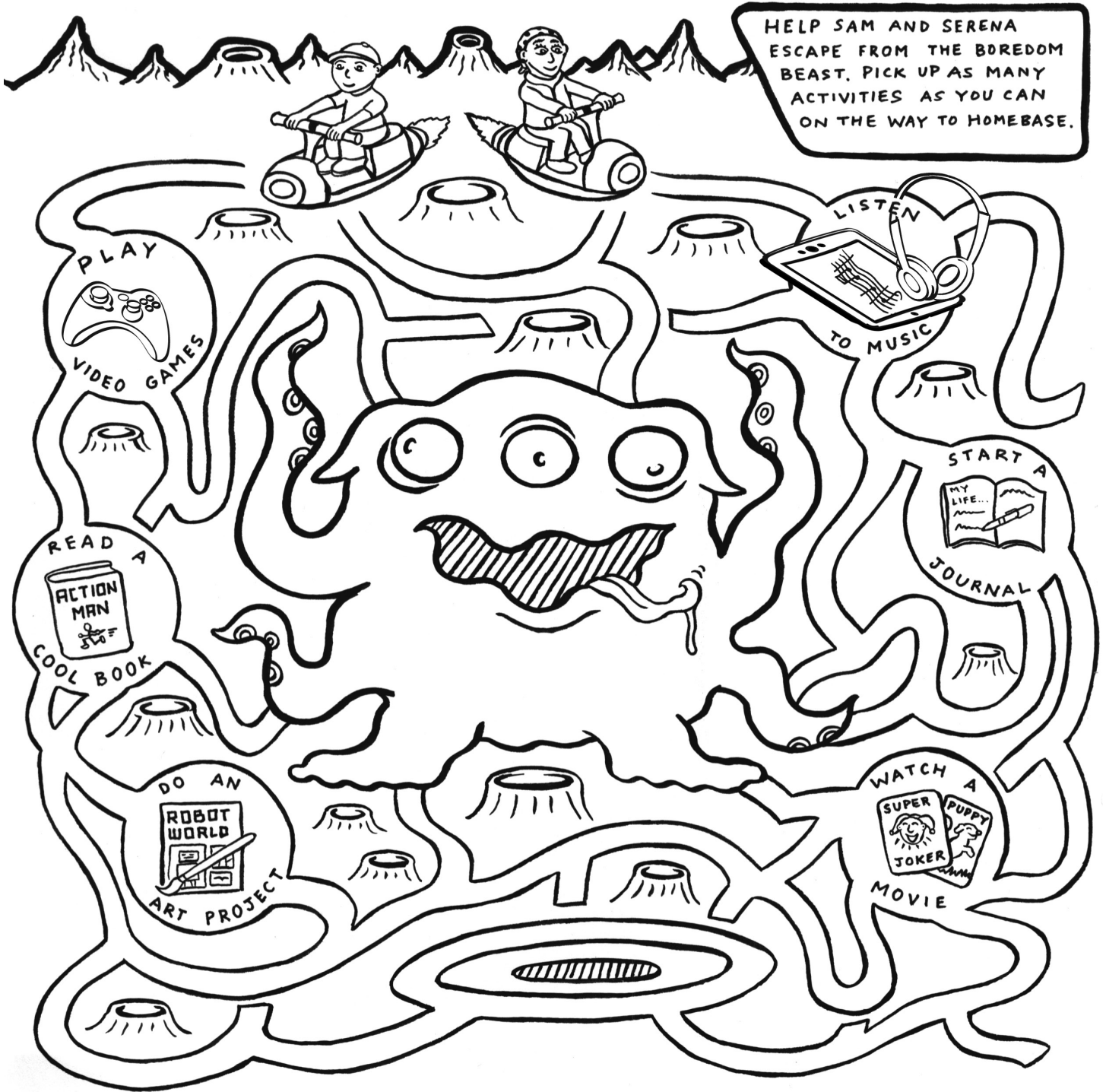
Serena's transplant team visits every day. They talk to her about her tests and treatments and they tell her jokes. She asks them questions and tells them jokes too.

# How do you feel today?



Some days Sam does not feel like talking at all. Other days he is excited about getting well and going home. He tells his nurse how he feels.

# ESCAPE FROM BOREDOM



Sam and Serena do all sorts of activities to help pass the time. Do you like to do any of these?  
What else do you like to do?

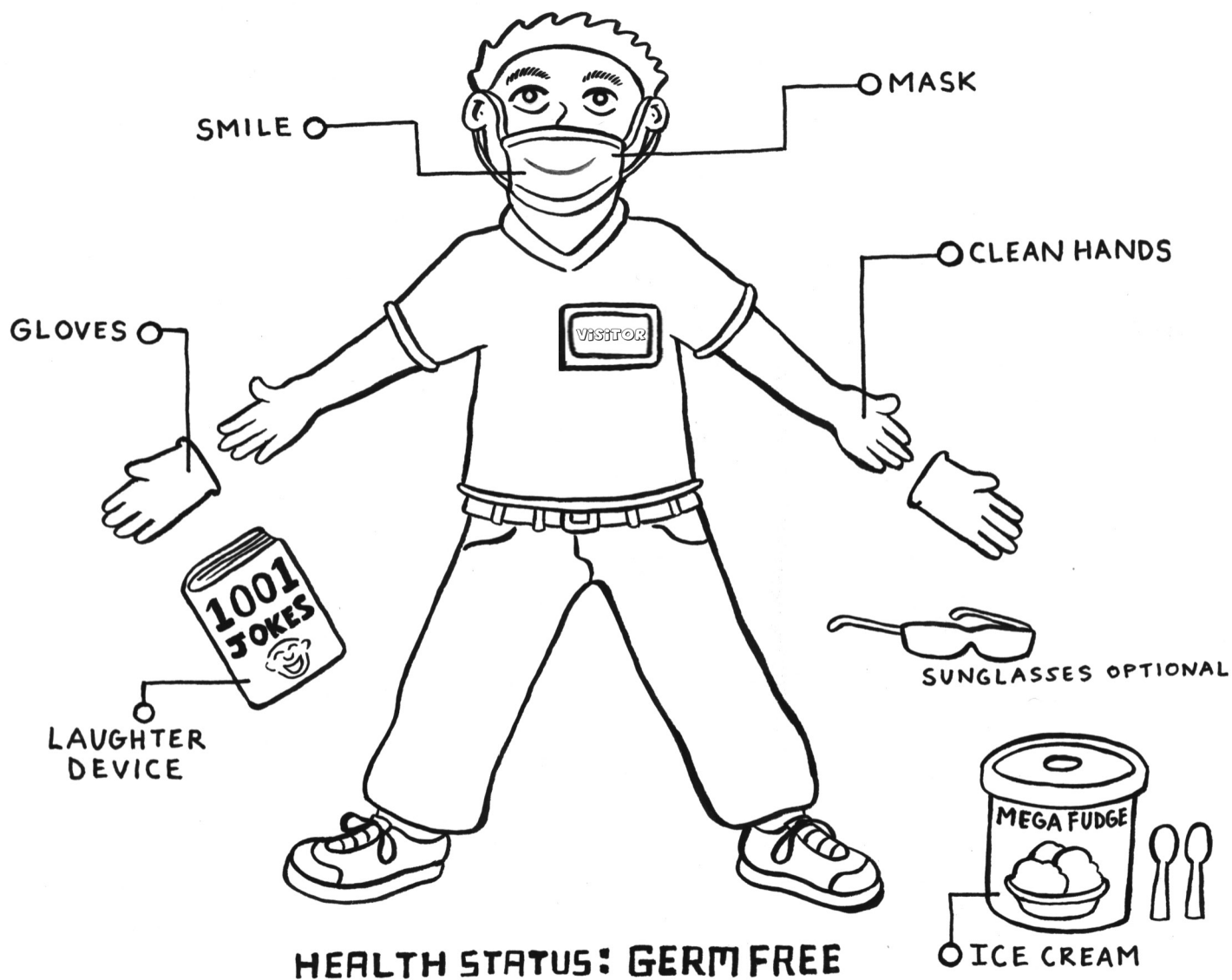




Sometimes Serena's mom or dad stays overnight. During the day they play games and watch movies. When her family is not visiting they talk on the phone. She knows they care about her.



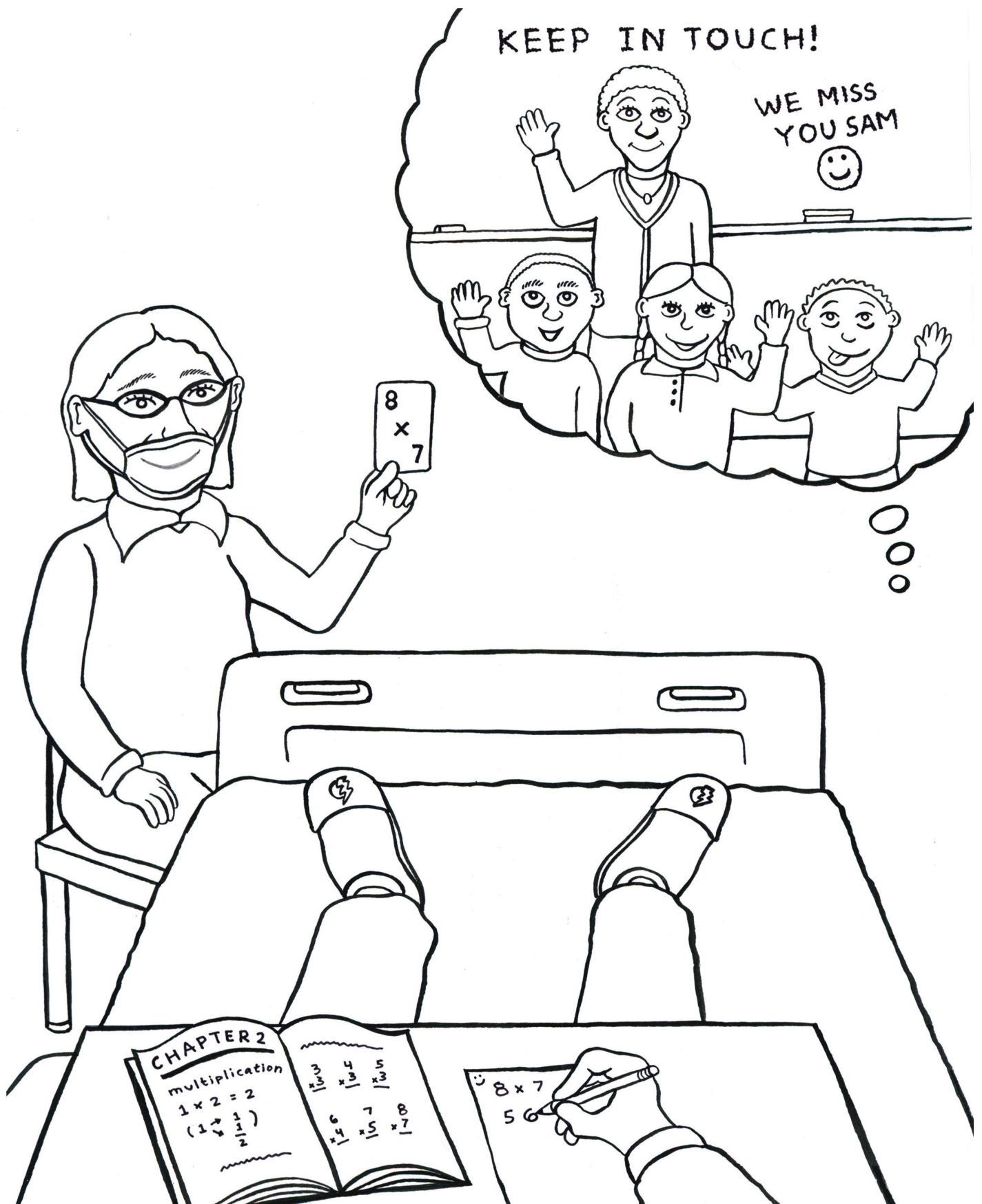
# Visitor anatomy



What things have your visitors brought you?

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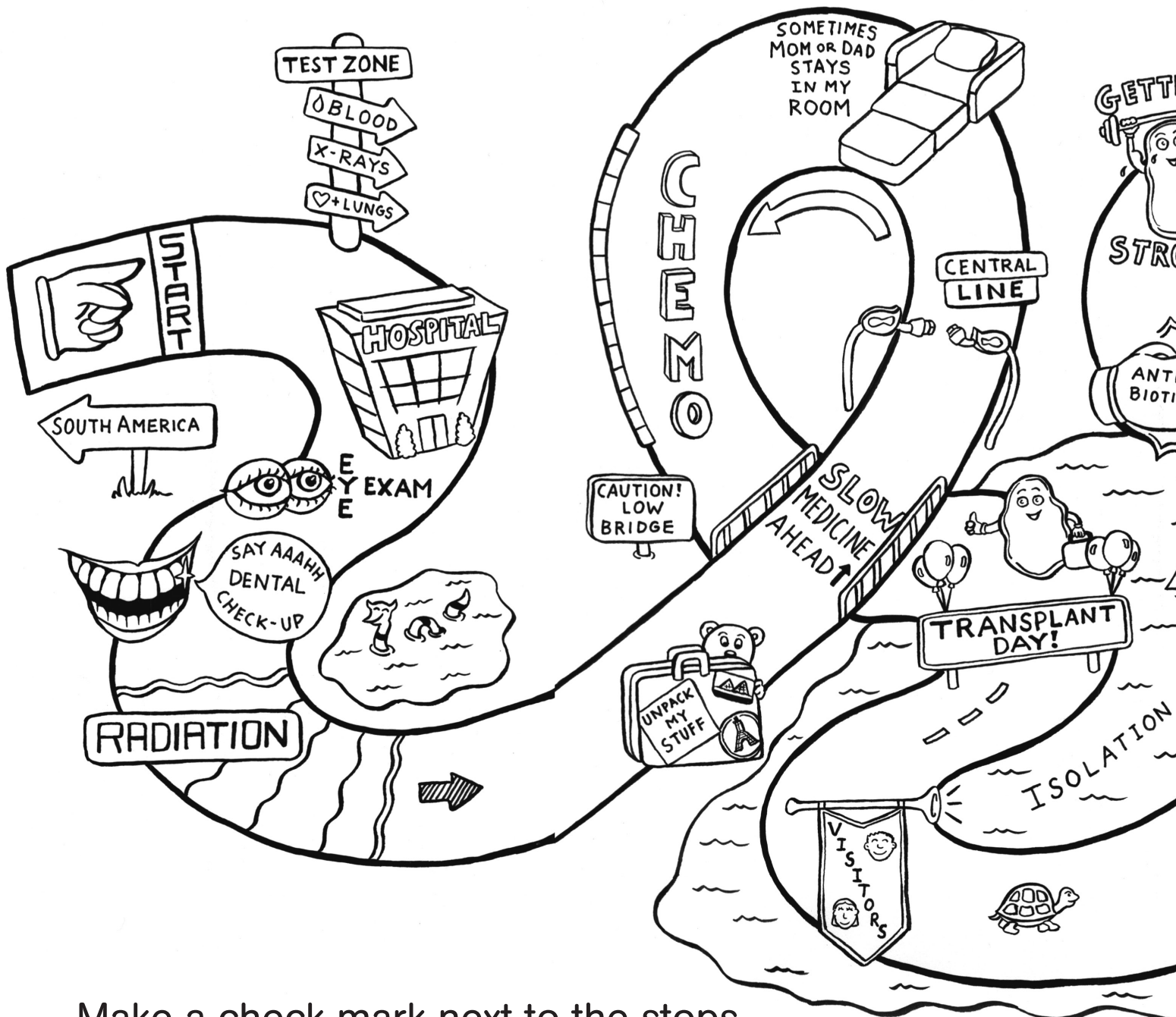


The teacher works with Sam so he can learn new things. He wonders what his class at school is doing today.



Serena can't wait to see her friends.

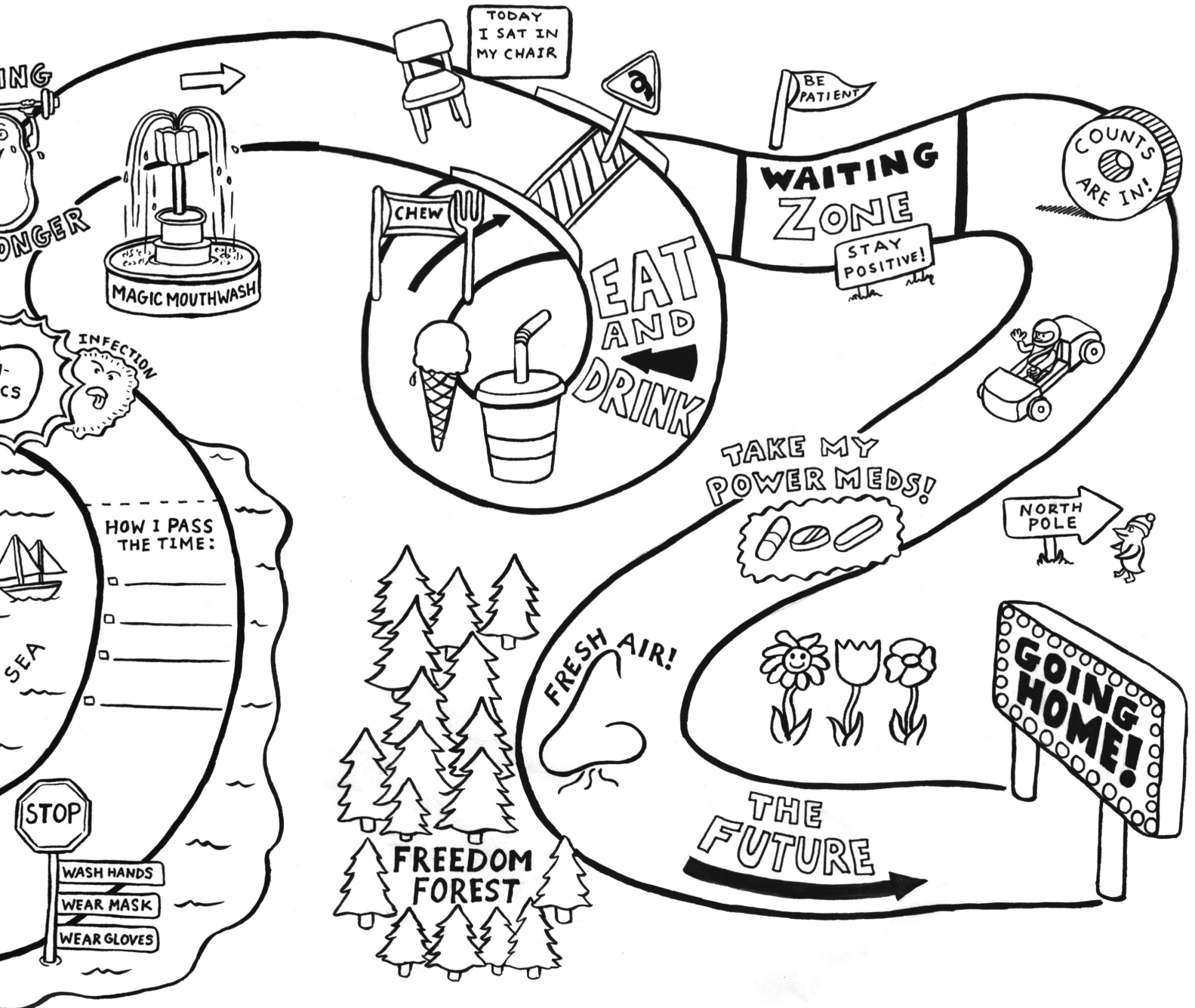
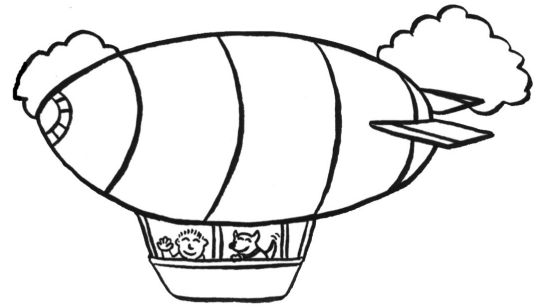
# The Road To Re

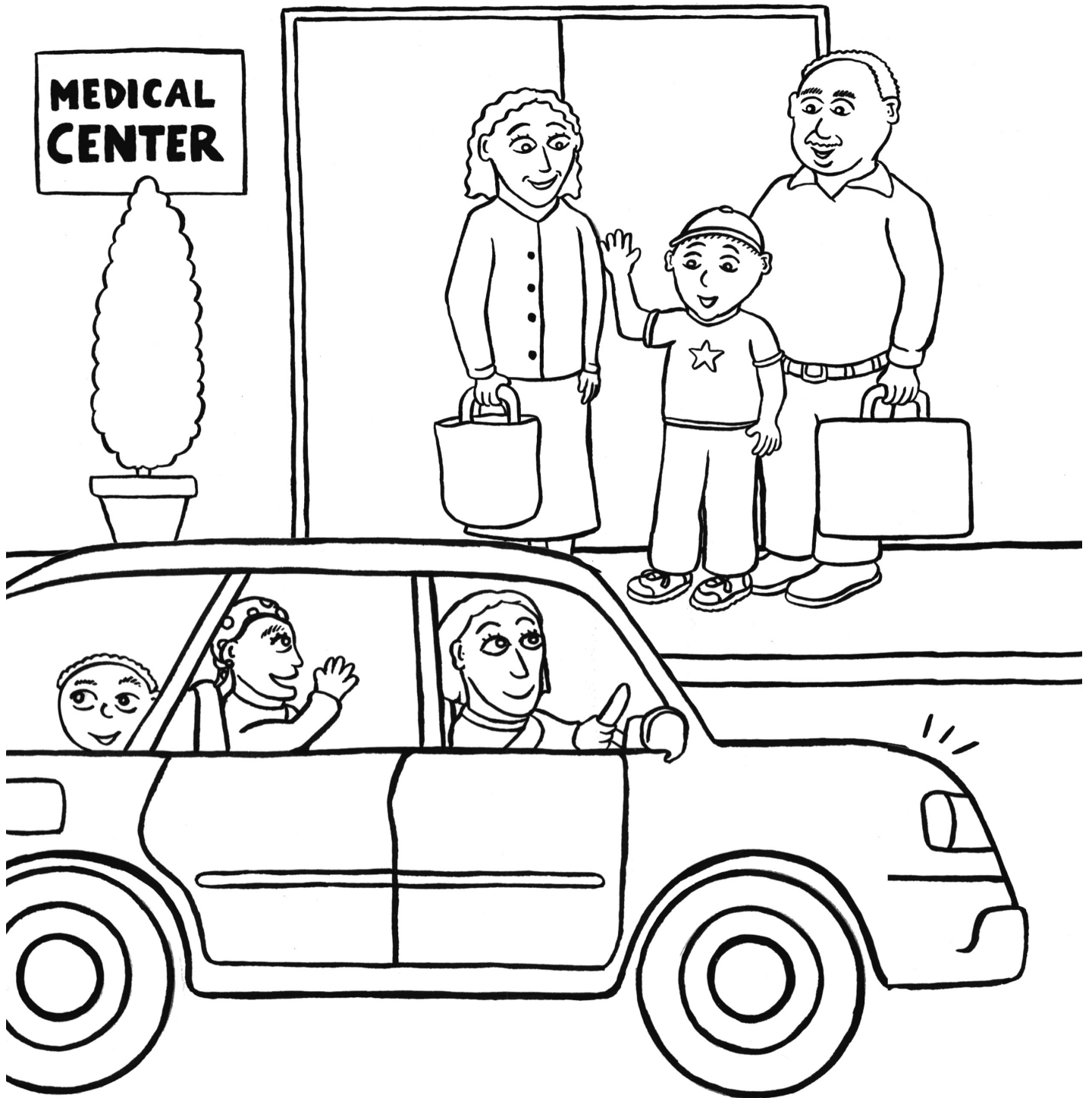


Make a check mark next to the stops you make along the road to recovery.

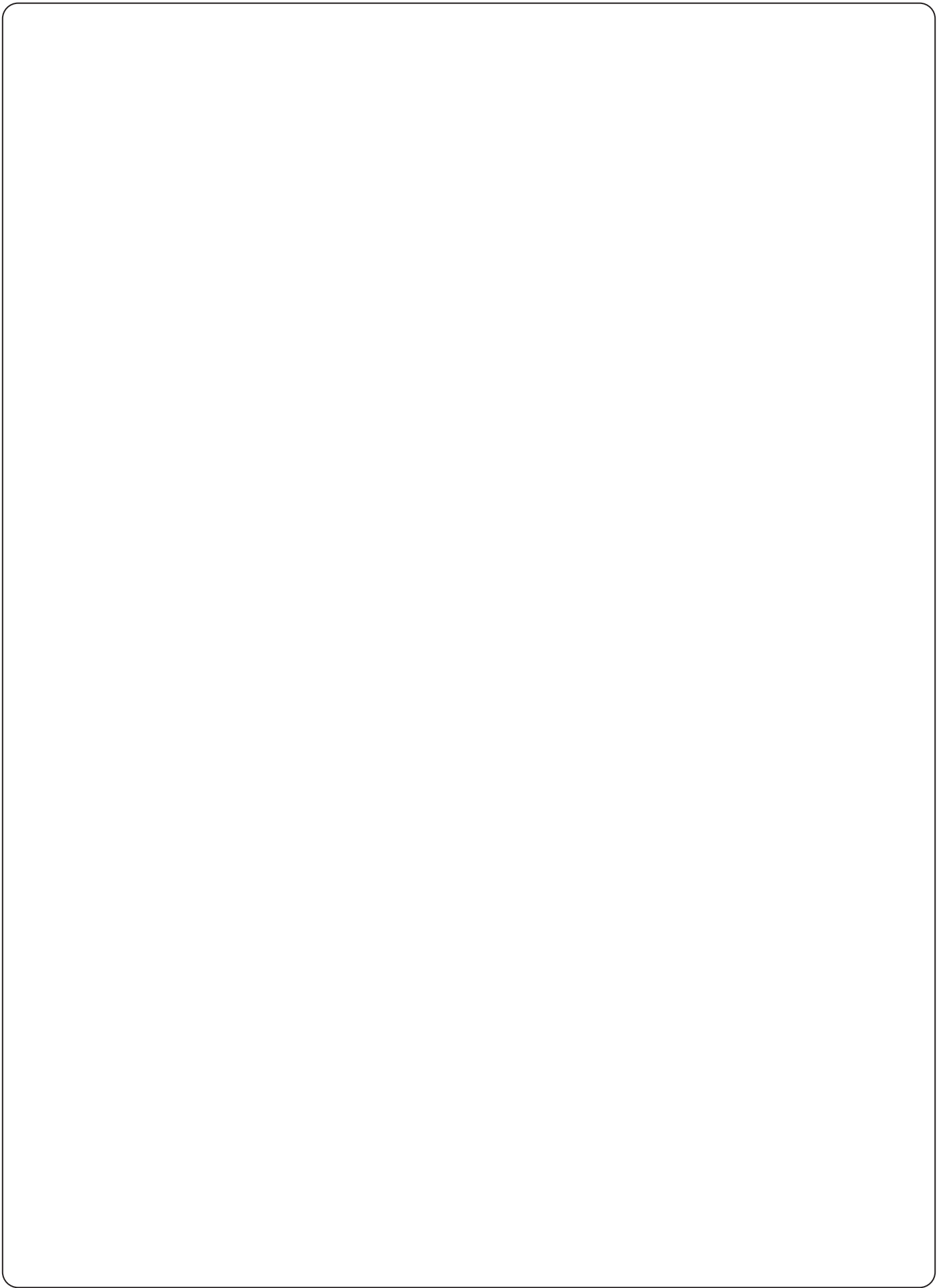


# covery





**Sam and Serena's blood counts are good.**  
They are getting stronger and it is time to go home!







## Resources and Information

LLS offers free information and services to patients, caregivers and families affected by blood cancers.

### For Help and Information

#### Consult With an Information Specialist.

Information Specialists are highly trained oncology social workers, nurses and health educators. They offer up-to-date disease and treatment information. Language services are available. For more information, please

- Call: (800) 955-4572 (Monday through Friday, 9 am to 9 pm ET)
- Email or live chat:  
[www.LLS.org/InformationSpecialists](http://www.LLS.org/InformationSpecialists)

**Clinical Trials Support Center (CTSC).** Research is ongoing to develop new treatment options for patients. LLS offers help for patients and caregivers in understanding, identifying and accessing clinical trials. Patients and caregivers can work with Clinical Trial Nurse Navigators who will help find clinical trials and personally assist them throughout the entire clinical-trial process. Please visit [www.LLS.org/CTSC](http://www.LLS.org/CTSC) for more information.

**One-on-One Nutrition Consultations.** Access free one-on-one nutrition consultations provided by a registered dietitian who has experience in oncology nutrition. Dietitians assist callers with information about healthy eating strategies, side effect management, and survivorship nutrition. They also provide additional nutrition resources. Visit [www.LLS.org/nutrition](http://www.LLS.org/nutrition) for more information and to schedule a consult.

**Free Information Booklets.** LLS offers free education and support booklets that can either be read online or ordered. Please visit [www.LLS.org/booklets](http://www.LLS.org/booklets) for more information.

**Financial Assistance.** LLS offers financial support including insurance premium and medication co-pay assistance as well as travel and other needs to eligible individuals with blood cancer. For more information, please:

- Call: (877) 557-2672
- Visit: [www.LLS.org/finances](http://www.LLS.org/finances)

**Telephone/Web Education Programs.** LLS offers free telephone/web and video education programs for patients, caregivers and healthcare professionals. Please visit [www.LLS.org/programs](http://www.LLS.org/programs) for more information.

**Podcast.** *The Bloodline with LLS* is here to remind you that after a diagnosis comes hope. Listen in as patients, caregivers, advocates, doctors and other healthcare professionals discuss diagnosis, treatment options, quality-of-life concerns, treatment side effects, doctor-patient communication and other important survivorship topics. Visit [www.LLS.org/TheBloodline](http://www.LLS.org/TheBloodline) for more information and to subscribe.

#### Free Mobile Apps.

- LLS Coloring For Kids™ - Allows children (and adults) to express their creativity and offers activities to help them learn about blood cancer and its treatment. Visit [www.LLS.org/ColoringApp](http://www.LLS.org/ColoringApp) to download for free.
- LLS Health Manager™ - Helps you track side effects, medication, food and hydration, questions for your doctor, and more. Visit [www.LLS.org/HealthManager](http://www.LLS.org/HealthManager) to download for free.

**School Reentry.** *The Trish Greene Back to School Program for Children With Cancer* is a program designed to increase communication among healthcare professionals, school personnel, parents and patients to assure children with cancer a smooth transition back to school. Visit [www.LLS.org/BackToSchool](http://www.LLS.org/BackToSchool) for more information.

**Suggested Reading.** LLS provides a list of selected books recommended for patients, caregivers, children and teens. Please visit [www.LLS.org/SuggestedReading](http://www.LLS.org/SuggestedReading) to view the titles.

### Community Resources and Networking

**LLS Community.** This is the one-stop virtual meeting place for talking with other patients and receiving the latest blood cancer resources and information. Share your experiences with other patients and caregivers and get personalized support from trained LLS staff. Please visit [www.LLS.org/community](http://www.LLS.org/community) to join.

**Weekly Online Chats.** Moderated online chats can provide support and help cancer patients to reach out and share information. Please visit [www.LLS.org/chat](http://www.LLS.org/chat) for more information.

**LLS Chapters.** LLS offers support and services in the United States and Canada, including the *Patti Robinson Kaufmann First Connection Program* (a peer-to-peer support program), local support groups, local education programs and other great resources. For more information about these programs or to contact the nearest chapter, please

- Call: (800) 955-4572
- Visit: [www.LLS.org/ChapterFind](http://www.LLS.org/ChapterFind)

**Advocacy.** The LLS Office of Public Policy (OPP) engages volunteers in advocating for policies and laws that encourage the development of new treatments and improve access to quality medical care. For more information

- Call: (800) 955-4572
- Visit: [www.LLS.org/advocacy](http://www.LLS.org/advocacy)

**Other Helpful Organizations.** LLS offers an extensive list of resources for patients and families. There are resources that provide help with financial assistance, counseling, transportation, patient care and other needs. Please visit [www.LLS.org/ResourceDirectory](http://www.LLS.org/ResourceDirectory) for more information.

### **Additional Help for Specific Populations**

**Language Services.** Let members of your healthcare team know if you need translation or interpreting services because English is not your native language, or if you need other assistance, such as the service of a sign language interpreter. Often these services are free.

**People Suffering from Depression.** Treating depression has benefits for cancer patients. Contact your doctor if your mood does not improve over time—for example, if you feel depressed every day for a 2-week period. For more information, please:

- Call: The National Institute of Mental Health (NIMH) at (866) 615-6464
- Visit: NIMH at [www.nimh.nih.gov](http://www.nimh.nih.gov) Enter “depression” in the search box.



# Get support. Reach out to our **INFORMATION SPECIALISTS**

The Leukemia & Lymphoma Society team consists of highly trained oncology social workers, nurses and health educators who are available by phone Monday through Friday, 9 a.m. to 9 p.m. (ET).

- Get one-on-one personalized support and information about blood cancers
- Know the questions to ask your doctor
- Discuss financial resources
- Receive individualized clinical-trial searches

Contact us at  
**800-955-4572** or  
**www.LLS.org/  
InformationSpecialists**  
(Language interpreters can be requested)





**The Leukemia & Lymphoma Society** 3 International Drive, Suite 200, Rye Brook, NY 10573 914-949-5213  
The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Find out more at [www.LLS.org](http://www.LLS.org).