Misconceptions about blood cancer



There are some common misconceptions about blood cancer that may be unhelpful for those impacted by the disease. By having a greater understanding of the facts, you can be more aware, informed and prepared to talk about blood cancer.

Here are some misconceptions people living with blood cancer have shared that they've experienced.

Key insights

"It isn't just children and teenagers that get blood cancer – adults can have it too."

There are some types of blood cancer that affect children.[1] However, people of all ages, including older people, can develop blood cancer.[1,2]

"Blood cancer isn't a single disease; there are many different types."

There are over 100 types of blood cancer. Most of these fall under three main types: leukaemia, lymphoma and myeloma.[1,3] They each have different symptoms, treatments and prognoses.[1]

"Telling someone with blood cancer, 'You look so well!' isn't helpful. It makes me feel like I'm being judged."

If a friend or relative has been diagnosed with blood cancer, it is natural to want to make them feel better – but try and think about what's genuinely helpful to them, not what you think they want to hear. Being mindful of their experience, and the emotional and physical effects, can help you to support them best.[4]

Share this information guide to help others who have recently received a blood cancer diagnosis.

Watch the campaign videos and learn more at J&J withMe UK.

Note: All information is for guidance and does not replace medical advice.

1. Blood Cancer UK. What is blood cancer? Available at https://bloodcancer.org.uk/understanding-blood-cancer/about-blood-cancer/what-is-blood-cancer. Last accessed June 2026.
2. Blood Cancer UK. What causes blood cancer? Available at https://bloodcancer.org.uk/understanding-blood-cancer/about-blood-cancer/what-causes-blood-cancer. Last accessed June 2026.
3. The Royal Marsden. Blood cancers: Types, symptoms, and causes. Available at https://www.royalmarsden.nhs.uk/private-care/news-and-blogs/blood-cancers-types-symptoms-and-causes. Last accessed June 2026.
4. Blood Cancer UK. How to support your friend or relative through blood cancer treatment. Available at https://bloodcancer.org.uk/understanding-blood-cancer/life-with-blood-cancer/family-and-friends/supporting-through-treatment/support-friend-through-treatment. Last accessed June 2026.

Johnson&Johnson

CP-570915 | November 2026