

HOW MANY TYPES?

In **Hodgkin's disease**, the abnormal lymphocyte is the Reed-Sternberg cell, which isn't found in other types of lymphomas.

All other types of lymphomas are called **non-Hodgkin's (NHL)**.

There are about **30 types** of NHL.

The main clinical categories are **aggressive** grade (fast growing) and **indolent** grade (slow growing)

Indolent lymphomas can transform to higher grade.

The **most common** is aggressive **diffuse large b-cell lymphoma**.

The **second most common** is indolent **follicular b-cell lymphoma**

WHAT ABOUT TREATMENTS?

Treatments (chemotherapy, radiotherapy, bio-immunotherapy, radioimmunotherapy) and **approach** depends on **type, stage,** and **grade** of disease.

The **treatment approach** may be to **manage** the disease (monitor and treat as needed), or to treat with **curative intent**.

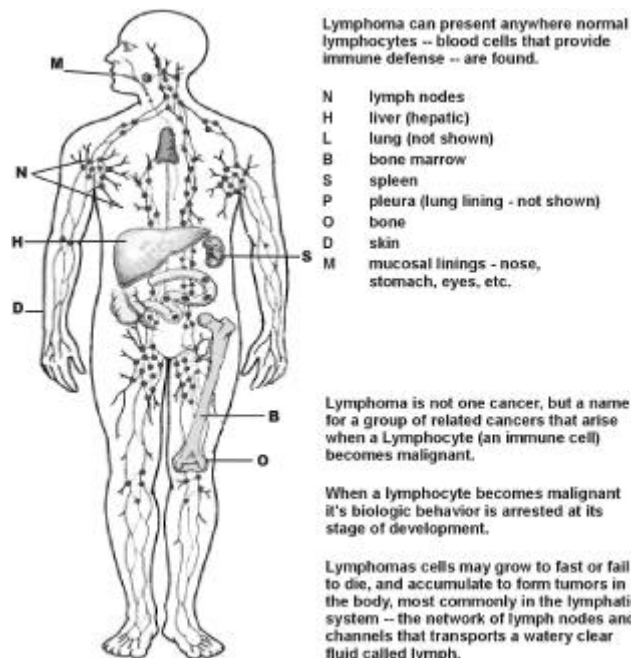
The **stage at diagnosis** is often widespread, but can be treated effectively: cured or managed.

Lymphomas are typically initially sensitive and responsive to chemotherapy, radiotherapies, and biological therapies.

Non-Hodgkin's Lymphomas (NHL):

B-cell types: (85% of NHL)
Diffuse large B-cell, Follicular, Mantle cell, Lymphoplasmacytic, Burkitt's lymphoma, Primary mediastinal large B-cell, Extranodal marginal zone B-cell – MALT, Nodal marginal zone B-cell, CNS- and HIV-associated lymphomas

T-cell types: (15% of NHL)
Peripheral, Angioimmunoblastic, Anaplastic large cell, Hepatosplenic, Subcutaneous panniculitis-like, Enteropathy type, Extranodal, Natural Killer, Nasal type, Skin (cutaneous) – including Mycosis fungoides/Sézary syndrome.



LYMPHOMA AWARENESS DAY IS SEPT 15TH

Q&A



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PAL is a 501 (c) (3) non-profit organization

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



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LYMPHOMA

Q & A

WHAT'S LYMPHOMA?

Lymphomas are a family of **blood cancers** affecting **lymphocytes** –white blood cells that normally protects you from illness.

The abnormal lymphocytes can accumulate to form **tumors**, often in the lymph nodes, but also in the bone marrow and other parts of the body.

WHAT IS A CANCER?

Simply, cancer cells have defects, most commonly in genetic codes or gene expression, that give the cells *growth and survival advantages* over normal cells.

The hallmarks of cancer cells include:

- Limitless potential to divide and grow
- Resisting cell death (resisting apoptosis - normal programmed cell death)
- Inhibition of immunity against abnormal protein expression in the tumor
- Development of a sustaining blood supply (angiogenesis)
- Self sufficiency in growth signals
- Insensitive to anti-growth signals
- Tissue invasion and metastasis (spreading beyond the organ of origin)

WHAT ARE THE RISK FACTORS?

The causes are not known. Risk factors *associated* with lymphomas include:

- Immune suppression
- Persistent inflammation/chronic infection
- Aging
- Environmental carcinogens – nitrates, fertilizers, PCBs and other chemicals are suspected

WHAT ARE THE SYMPTOMS?

The symptoms vary by type and locations of the tumors.

Some common symptoms (which can often have other causes) include

- painless **lumps** in the neck, armpit and groin,
- drenching **night sweats**,
- unexplained persistent **fever**
- unexplained **weight loss**
- red **skin patches**
- chronic **fatigue**
- **low blood cell counts**

ANYONE WE KNOW?

Reflected in the high incidence rates is the number of famous and notable individuals who have been touched by the disease, including Dick Gregory, King Hussein of Jordan, Charles A. Lindbergh, Roger Maris, Jackie Kennedy Onassis, Joey Ramone, Senator Fred Thompson, Paul E. Tsongas, and Gene Widler.

HOW COMMON ARE LYMPHOMAS?

Your **lifetime risk** of being diagnosed with a lymphoma is approximately **1 in 50**.

Lymphomas are **more common than leukemias**. SEER provides age-adjusted incidence rates as follows:

Leukemias: 12.3 per 100,000 **per year**

Lymphomas: 22.0 per 100,000 **per year**

*"It is estimated that **71,380** men and women will be diagnosed, and **19,730** will die of lymphoma in 2007" ... among these **1,070** will die of Hodgkin lymphoma*

6% of childhood cancers are lymphomas

TRENDS: Incidence has increased at a disturbing **4% annually** in the United States since 1970. SEER QuickStats:

