



TIP SHEET

Lymphoma

What You Should Know

Lymphomas are a group of blood cancers that develop in the lymphatic system—part of your immune system—that includes the tonsils, spleen, thymus, and the body-wide network of lymph nodes and vessels. Because lymphatic tissue is found in many body areas, lymphoma can start almost anywhere.

Two main lymphoma types are:

Hodgkin disease. Relatively rare, with an estimated 8,500 new cases of Hodgkin disease diagnosed this year, survival rates are high, especially for early-stage disease.

Non-Hodgkin lymphoma (NHL). One of the most common cancer types in the United States, with an estimated 72,500 new cases this year, NHL is a leading cause of cancer death.

Are You at Risk?

Physicians seldom know why a person develops lymphoma, but research indicates these factors increase risk for **non-Hodgkin lymphoma**:

- **Weakened immune system**, due to inherited condition or medications
- **Certain infections**, such as human immunodeficiency virus (HIV), Epstein-Barr virus (EBV), Helicobacter pylori (H Pylori), Human T-cell leukemia/lymphoma virus type 1 (HTLV-1) and Hepatitis C.
- **Autoimmune disease** such as rheumatoid arthritis, psoriasis or Sjögren syndrome.
- **Age.** Most people with non-Hodgkin lymphoma are older than 60; however Hodgkin disease most commonly occurs in early adulthood, ages 15 to 40.
- **Male gender.** More men than women develop lymphoma.
- **Exposure** to certain pesticides
- **Previous treatment** for Hodgkin lymphoma

Symptoms to Tell Your Doctor

- ✓ Swollen, enlarged lymph node(s) in the neck, armpit or groin
- ✓ Fever
- ✓ Drenching night sweats
- ✓ Unexplained weight loss
- ✓ Skin rash or itchy skin
- ✓ Coughing, difficulty breathing or chest pain
- ✓ Feeling weak or very tired
- ✓ Abdominal pain, swelling or fullness

1 in 50

average person's risk for developing

NHL

Lymphoma begins in a type of white blood cell called a *lymphocyte*.



Why Roswell Park Cancer Institute?

Nationally recognized. Roswell Park is a National Cancer Institute (NCI) designated Comprehensive Cancer Center, one of only 49 in the nation and the only one in New York State outside New York City.

On-site pathology team. Board-certified hematopathologists, specially trained in blood cell cancers, provide critical information to guide treatment decisions.

Access to the latest therapies. The newest treatments available through clinical research studies are important options for many patients. About 50% of Roswell Park patients are eligible for a clinical study. Whether or not you choose to participate is entirely your choice.

Meet the Doctors

(above from left to right)

Medical Oncology

- 1) Seema Bhat, MD
- 2) George Chen, MD
- 3) Francisco J. Hernandez-Ilizaliturri, MD
- 4) Kelvin Lee, MD
- 5) Sadat Ozair, MD
- 6) Pallawi Torika, MD

Pathology

- 7) Bora Baysal, MD, PhD
- 8) AnneMarie Block, PhD
- 9) Fadi Habib, MD
- 10) Mihai Merzianu, MD
- 11) Vishala Neppalli, MD
- 12) Antonios Papanicolau-Sengos, MD, MS
- 13) Sheila Jani Sait, PhD
- 14) Paul Wallace, PhD

Radiation Oncology

- 15) Anurag Singh, MD

Nuclear Medicine

- 16) Dominick Lamonica, MD

Treatment the Roswell Park Way

We approach cancer treatment on an individual and personal basis, treating the whole person, not just the cancer. We offer the highest level of cancer care, including:

A multidisciplinary approach by a team of lymphoma experts including hematology, surgical and radiation oncologists, clinical pharmacists, psychologists, social workers and others who work together to provide comprehensive and integrated care — all under one roof.

Personalized medicine where the targeted therapies chosen for you are based on your cancer's unique genetic profile.

Blood & Marrow Transplant (BMT) Center is one of the nation's top centers for BMT transplantation and is designated a Blue Distinction Center® for Transplants by BlueCross BlueShield, one of only three such centers in New York State.

60

The number of lymphoma subtypes, each with a different behavior, treatment response, and prognosis.

GET A SECOND OPINION

Second opinions are important in cancer care. We can arrange for a consultation and review of your pathology report by a member of our lymphoma team. If you seek a second opinion at Roswell Park, you are under no obligation to receive your care here.