

Lymphomas are a group of blood cancers in which abnormal white blood cells accumulate in the lymph nodes or other parts of the lymphatic system. It is important to talk to your doctor about which type of lymphoma you have to make sure you receive the right treatment. The two major types of lymphoma are:

- **Hodgkin lymphoma.** Usually affects adolescents or young adults and most forms are curable.
- **Non-Hodgkin lymphoma.** Usually affects adults. There are many different kinds (subtypes) of NHL, which are either indolent (slow growing) or aggressive (fast growing).

Diagnosing Lymphoma

- The doctor checks for enlarged lymph nodes, liver or spleen and skin rashes.
- The doctor performs tests, such as:
 - Lymph node biopsy
 - Blood tests
 - Imaging tests, including x-rays, computed tomography (CT), magnetic resonance imaging (MRI) and positron emission tomography (PET)

Patients with lymphoma are treated by specialized doctors called hematologist-oncologists that understand cancer and the blood. Some hematologist-oncologists specialize in specific types of lymphoma. You should consider getting a second opinion from another hematologist-oncologist to be sure the diagnosis is correct and you receive the right treatment.

Lymphoma Treatment

Lymphoma treatment may include:

- **Watch and Wait.** Doctors monitor the patient but do not begin treatment until the patient shows signs of lymphoma progression.
- **Chemotherapy.** Powerful drugs used alone or in various combinations to kill abnormal cells and/or slow their growth, giving normal cells a chance to grow. Some drugs are injected, some are given through a vein (IV) and some are taken by mouth.
- **Radiation therapy.** High-energy rays used to kill lymphoma cells in one area.
- **Monoclonal Antibody Therapy.** Drugs that target specific substances on the cancer cell.
- **Stem Cell Transplant.** A treatment that replaces cancer cells with healthy cells. Healthy stem cells are collected from the patient before treatment starts, or from a matched donor, and are infused back into the patient after they receive chemotherapy.
- **Clinical Trials.** Careful studies done by doctors to test new drugs or treatments, or test new uses for approved drugs or treatments.

Side Effects Management

A side effect is an unplanned result of treatment, usually something unpleasant or not desirable. Treatment responses vary among patients. Some side effects are mild. Other side effects may be serious and last a long time. Most side effects go away when treatment ends. Talk to your doctor about side effects because they can often be treated.

For additional support and resources,
contact an Information Specialist at
The Leukemia & Lymphoma Society:

800.955.4572

Interpreting services are available upon request.

The request should be communicated to the Information Specialist in English, who can then arrange to have a phone interpreter available during the call.

淋巴瘤是一组血癌，表现为异常白细胞在淋巴结或淋巴系统的其他部位聚集。请务必与医生讨论您患有哪种类型的淋巴瘤，以确保您得到正确的治疗。两种主要类型的淋巴瘤是：

- **霍奇金淋巴瘤 (Hodgkin lymphoma)**。通常发病见于青少年或年轻人，大多数霍奇金淋巴瘤可以治愈。
- **非霍奇金淋巴瘤 (Non-Hodgkin lymphoma)**。通常发病见于成年人。非霍奇金淋巴瘤（英文缩写为 NHL）也有很多不同种类（亚型），可以是惰性淋巴瘤（生长缓慢），也可以是侵袭性的（生长快速）。

诊断淋巴瘤

- 医生检查淋巴结、肝脏或脾脏是否肿大，以及皮疹。
- 医生会进行一些检测，例如：
 - 淋巴结活检
 - 血液检测
 - 影像检查，包括X射线检查、计算机断层扫描 (CT)、磁共振成像 (MRI) 和正电子发射断层扫描 (PET)

淋巴瘤患者由血液肿瘤医生进行治疗，这些专科医生了解癌症和血液的情况。一些血液肿瘤医生专门治疗特定类型的淋巴瘤。您应该考虑获得另一名血液肿瘤医生的意见，以确保诊断正确以及治疗正确。

淋巴瘤治疗

淋巴瘤治疗可能包括：

- **观察和等待**：医生监测患者的病情，但直到患者出现淋巴瘤进展迹象才开始给与治疗。
- **化疗**。单独使用或以不同组合方式联合使用强效药物，以杀死异常细胞及/或减缓其生长，并让正常细胞有机会生长。一些药物通过注射给药，另外一些药物通过静脉给药 (IV)，还有一些药物为口服给药。
- **放疗**。利用高能射线杀死某个部位的淋巴瘤细胞。
- **单克隆抗体治疗**。将癌细胞上特定物质作为靶点的药物。
- **干细胞移植**。干细胞移植是用健康细胞替代癌细胞的疗法。在开始干细胞移植治疗之前，从患者本人或匹配的供者采集健康的干细胞，然后在患者接受化疗后再回输给患者。
- **临床试验**。由医生仔细进行的研究，用以测试新药物或治疗方法，或测试已获准药物或治疗方法的新用途。

副作用管理

副作用是非预期治疗结果，通常是令人不快的或不良的反应。治疗反应因人而异。一些副作用是轻度的。其他副作用可能很严重并持续很长时间。停止治疗后，大多数副作用会消失。请与医生讨论副作用，因为副作用通常可以治疗。

如需更多支持和资源，请联系白血病和淋巴瘤协会 (The Leukemia & Lymphoma Society, LLS) 信息专员：
(800) 955-4572.

可应要求提供口译服务。

您应使用英文将要求告诉信息专员，然后信息专员可以在通话期间安排口译员。