

About Non- Hodgkin Lymphoma

Lymphoma is cancer that begins in cells of the immune system. There are two basic categories of lymphomas. One kind is Hodgkin lymphoma, which is marked by the presence of a type of cell called the Reed-Sternberg cell. The other category is non-Hodgkin lymphomas, which includes a large, diverse group of cancers of immune system cells. Non-Hodgkin lymphomas can be further divided into cancers that have an indolent (slow-growing) course and those that have an aggressive (fast-growing) course.

Estimated new cases and deaths from Non-Hodgkin Lymphoma in the United States in 2016

New cases: 72,240

Deaths: 20,140

Non-Hodgkin Lymphoma represents 3.4% of all cancer deaths in the U.S.

Risk factors:

Weakened Immune System: The risk of developing lymphoma may be increased by having a weakened immune system.

Certain Infections: Certain types of infections increases the risk of developing lymphoma. However, lymphoma is not contagious.

The following are the main types of infection that can increase the risk of lymphoma:

- *Human immunodeficiency virus (HIV):* HIV is the virus that causes AIDS. People who have HIV infection are at much greater risk of some types of non-Hodgkin lymphoma.
- *Epstein-Barr virus (EBV):* Infection with EBV has been linked to an increased risk of lymphoma.
- *Helicobacter pylori:* H. pylori are bacteria that can cause stomach ulcers. They increase a person's risk of lymphoma in the stomach lining.
- *Human T-cell leukemia/lymphoma virus type 1 (HTLV-1):* Infection with HTLV-1 increases a person's risk of lymphoma and leukemia.
- *Hepatitis C virus:* Some studies have found an increased risk of lymphoma in people with hepatitis C virus.
- *Age:* Although non-Hodgkin lymphoma can occur in young people, the chance of developing this disease goes up with age. Most people with non-Hodgkin lymphoma are older than 60

Symptoms:

Swollen, painless lymph nodes in the neck, armpits, or groin

Unexplained weight loss

Fever

Soaking night sweats

Coughing, trouble breathing, or chest pain

Weakness and tiredness that don't go away

Pain, swelling, or a feeling of fullness in the abdomen

Treatment:

Watchful Waiting: Not getting cancer treatment right away.

Chemotherapy

Biological Therapy

Radiation Therapy

Stem Cell Transplantation

The choice of treatments depends on the type of non-Hodgkin lymphoma, the stage where it is found, how quickly the cancer is growing, age and whether you have any other health problems.