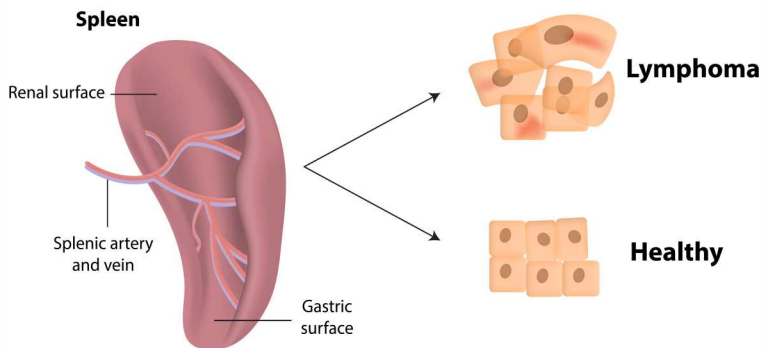


LYMPHOMA

A cancer in the lymph glands



P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

What is Lymphoma?

Lymphoma is cancer of the lymph glands or lymphatic system, which is part of our immunity. The cancer affects immune cells called lymphocytes, which are white blood cells.

What are types of Lymphoma?

Lymphomas are broadly classified in to two types:

- **Hodgkin Lymphoma:** It is one of the most commonly known types of lymphoma and differs from other forms of lymphoma in its prognosis and several pathological characteristics.
- **Non-Hodgkin Lymphomas:** All lymphomas except Hodgkin lymphoma, are called as Non-Hodgkins lymphomas and are more common than Hodgkin lymphoma. A wide variety of lymphomas are in this class, and the causes, the types of cells involved, and the prognosis vary by type. The incidence of non-Hodgkin lymphoma increases with age.

What causes Lymphoma?

The exact cause of lymphoma in individual case of lymphoma is not possible to point out but things like exposure to chemicals and radiation, viral infections like HIV and autoimmune disease are known to increase the incidence of Lymphoma.

What are signs and symptoms of Lymphoma?

Patients with lymphoma generally have weight loss, fever, enlargement of lymph glands, night sweats, Fatigue / tiredness etc.

How lymphoma is diagnosed?

After physical examination, full body scan including a PET scan and blood tests are done to find out enlarged nodes. One of the nodes is biopsied for histology for diagnosis of Lymphoma. Some patients will also need a bone marrow biopsy for diagnosis and to check the extent of spread of lymphoma.

How Lymphomas are treated?

Several modalities of treatments are used for Lymphoma.

1. Chemotherapy

Chemotherapy is the administration of drugs that kill rapidly dividing cells such as cancer cells. Chemotherapy may be taken orally in pill or tablet form, or it may be delivered via a catheter or intravenous line directly into the bloodstream. Combination chemotherapy is usually given. Some side effects from chemotherapy drugs include hair loss, nausea, vomiting, mouth sores, loss of appetite, tiredness, and an increased chance of infection due to the destruction of white blood cells. There are medications available to help manage the

side effects of chemotherapy. Infertility can be one of the side effects of chemotherapy.

2. Radiation therapy

Radiotherapy, or radiation therapy, involves directing a carefully focused beam of high energy X-rays onto lymphomas, thereby destroying the cancerous cells.

3. Stem cell transplant

For people who relapse (disease comes back even after treatment), this risky procedure of high-dose chemotherapy followed by stem cell transplantation is an alternative approach with intention to get rid of the disease.

**To know more about Lymphoma at
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