Lymphoma

Lymphoma is a group of blood cancers that develop in the lymphatic system, which is designed to help rid the body of toxins, waste and other unwanted materials.

### What is Lymphoma?

Lymphoma is a cancer that starts in white blood cells called lymphocytes. There are two main types of lymphoma:

- **Hodgkin Lymphoma:** Classified by the presence of abnormal cells called Reed-Sternberg cells.
- **Non-Hodgkin Lymphoma:** Reed-Sternberg cells are not present.

#### The major sites of lymph tissue are:

- Lymph nodes
- Spleen
- Bone marrow
- Thymus
- Adenoids and tonsils
- Digestive tract

Lymphoma can start wherever there is lymph tissue, though it most often starts in lymph nodes in the upper part of the body, like the chest, neck or under the arms.

### Global Incidence

- **918,872+** Almost one million new cases of lymphoma are expected to occur globally in 2040.
- **7x** Non-Hodgkin lymphoma is more common than Hodgkin lymphoma. It’s expected there will be more than 7 times as many new cases of NHL than HL by 2040.
- **813,024** New cases expected in 2040
- **105,848** New cases expected in 2040

### Risk Factors

Lymphoma is generally more common in:

- **Men**
- **Developed countries**
- **People with weakened immune systems**

- **Hodgkin Lymphoma** can be more common in:
  - People who have had infectious mononucleosis
  - People in early adulthood (20s) and late adulthood (55+)
  - People with siblings who have had HL

- **Non-Hodgkin Lymphoma** can be more common in:
  - Older people (60+)
  - People exposed to radiation or certain chemicals

### Signs & Symptoms

#### Symptoms of lymphoma may include:

- Enlarged lymph nodes
- Itchy skin
- Loss of appetite
- Chest pain or trouble breathing

#### Non-specific symptoms, also known as B symptoms, may include:

- Unexplained weight loss
- Fever
- Night sweats

### Treatment Options

A patient’s treatment options are largely dependent on the type and stage of the lymphoma. Treatment options for lymphoma may include:

- Chemotherapy
- Radiation
- Stem cell transplant
- Targeted therapy
- Immunotherapy

*It is important* for people with lymphoma to understand the symptoms of their disease and to talk to a healthcare professional about appropriate treatment options.