Diffuse Large B-Cell Lymphoma (DLBCL)

Diffuse large B-cell lymphoma (DLBCL) is the most common and aggressive fast-growing form of B-cell non-Hodgkin lymphoma (NHL). It affects immune cells called B lymphocytes, which are a type of white blood cell.

### About Lymphoma

Lymphomas are cancers that start in 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.

### Global Impact

DLBCL accounts for about one out of every three cases of NHL.

In 2018, the worldwide incidence of DLBCL was approximately 150,000 people. DLBCL occurs most often in older people, with a median age of 66 at diagnosis.

### Risk Factors

For many patients, the cause of DLBCL is unknown, but factors that may contribute to the risk of developing NHL include:

- Age
- Gender (higher risk in men)
- Body weight and diet
- Race and ethnicity
- Weakened immune system
- Geography

### Symptoms

DLBCL typically starts as a quickly growing mass in a lymph node. It can also start in other areas such as the intestines, bones, brain or spinal cord.

**Signs and symptoms may include:**

- Swollen lymph nodes
- Unexplained fever
- Night sweats
- Weight loss

### Diagnosis

About 75% of people have advanced-stage DLBCL at diagnosis. Certain tests can confirm a DLBCL diagnosis and disease stage, including:

- Blood tests
- Biopsy
- Physical examination
- Imaging tests such as CT, PET and MRI scans

### Prognosis

The 5-year overall survival rate for patients with DLBCL (based on 2010-2016 US SEER data) is 64%.

Survival may vary depending on prognostic factors such as age, general health and disease stage.

### Treatment

Treatment approaches for DLBCL may include:

- Chemotherapy plus or minus monoclonal antibody
- Chemotherapy and radiation
- Stem cell transplant
- Chimeric antigen receptor (CAR) T cell therapy

It is important for people with DLBCL to talk to a healthcare professional about appropriate treatment options.