

FAQ: A summary of key Lymphoma facts for patients and caregivers

Disclaimer:

Please note that the information provided here is for general informational purposes only and it is not a substitute for professional medical advice, diagnosis, or treatment. It is provided as a resource to support informed discussions between patients and their healthcare providers. The content provides a summary of key information to help you and your doctor discuss important aspects of your therapy, and should not be interpreted as comprehensive or exhaustive. Always seek the advice of your healthcare provider with any questions which you may have regarding a medical condition or treatment. Do not disregard professional medical advice or delay in seeking it because of something you have read in this website including this FAQ. Always consult with your healthcare provider for personalized recommendations and treatment plans tailored to your individual specific needs and medical condition.

1. What is Lymphoma?

Lymphoma, also called blood cancer is the term used to describe cancer in the lymphatic system (the network of tissues, vessels and organs that help your body fight infection).^{i,ii}

2. What are the types of Lymphoma?

There are two main types of lymphoma: Hodgkin lymphoma and non-Hodgkin lymphoma.^{i,ii}

3. What are the symptoms of Lymphoma?

Symptoms of lymphoma include, but are not limited to, swollen lymph nodes, unexplained weight loss, fever, night sweats, fatigue, and itching. However, symptoms can vary depending on various factors, such as the type and stage of lymphoma.ⁱ

4. How is Lymphoma diagnosed?

Currently, there is no routine screening for lymphoma. Diagnosis usually occurs when investigating some of the common symptoms of lymphoma such as fever, drenching night sweats, unexplained weight loss, swollen lymph nodes, patchy red skin and itching, shortness of breath, persistent fatigue or lack of energy/tiredness.

If your doctor suspects lymphoma, they will perform a physical examination and organise a range of tests to confirm the diagnosis.ⁱⁱⁱ

5. What are the treatment options for Lymphoma?

Treatment for lymphoma may include chemotherapy, radiation therapy, targeted therapy, immunotherapy, stem cell transplantation, or a combination of these approaches. The choice of treatment depends on various factors, including but not limited to, the type and stage of lymphoma.^{iv} The appropriate treatment for each individual patient, will be decided by the healthcare professional, in consultation with the patient.

Speak to your doctor to enquire about the right treatment options for you and your loved ones.

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6. What is the prognosis for Lymphoma patients?

The prognosis for lymphoma patients varies depending on individual factors including the type and stage of lymphoma, age, overall health, and response to treatment. Speak to your doctor to learning more about your and your loved one's prognosis and options.

7. Can lifestyle changes help in managing Lymphoma?

Generally, maintaining a healthy lifestyle, including a balanced diet, regular exercise, and managing stress, can help support overall well-being during and after lymphoma treatment.^v It's essential to discuss any lifestyle changes with your healthcare provider.

8. Are clinical trials available for Lymphoma treatment?

Clinical trials are research studies that evaluate new treatments for lymphoma. Consult with your healthcare team to explore if a clinical trial is a suitable option for you.

9. How can I stay informed and educated about Lymphoma?

Staying informed about lymphoma and its treatment options is crucial. Reliable sources of information include reputable websites, patient advocacy organizations, and educational materials provided by your healthcare provider. Please feel free to consult with your healthcare provider for personalized guidance and additional details.

How can I prepare for my appointment with my doctor?

Generally, preparing for a medical consultation can help ensure that you make the most out of your time with your healthcare provider. Here are some suggested steps to help you get ready for your appointment^{vi,vii}:

Organize your medical information:

- Make a list of your current medications, including dosages.
- Note down any allergies or previous adverse reactions to medications.
- Gather any relevant medical records, test results, and imaging reports.

Write down your symptoms and concerns:

- Document your symptoms, including when they started and any factors that aggravate or alleviate them.
- List any questions or concerns you have about your health.

Prepare a list of questions:

- Write down questions about your condition, treatment options, and any lifestyle changes you should consider.
- Prioritize your questions to ensure you address the most important ones first.

Bring a support person:

- Consider bringing a family member or friend to the appointment for support and to help remember information discussed during the consultation.

Update your doctor on changes:

- Inform your healthcare provider about any changes in your health since your last visit, including new symptoms or concerns.

Be honest and open:

- Be honest about your symptoms, lifestyle habits, and adherence to previous treatment plans. This information is crucial for accurate diagnosis and effective treatment.

Take notes during the consultation:

- Bring a notebook or use your phone to note down key points discussed during the consultation, including treatment recommendations and next steps.

Discuss your goals and preferences:

- Communicate your treatment goals and preferences with your healthcare provider to ensure that your treatment plan as recommended by your healthcare provider aligns with your values and priorities.

Understand your treatment plan:

- Ask your healthcare provider to explain your diagnosis, treatment options, potential side effects, and expected outcomes in a way that you can understand.

Follow up and stay engaged:

- Schedule any necessary follow-up appointments and tests as recommended by your healthcare provider.
- Stay engaged in your healthcare by actively participating in your treatment plan and communicating any concerns or changes in your health.

Learn more about treatment options for specific blood cancers at lymphomaasia.com

ⁱ Mayo Clinic. Lymphoma overview. Available at <https://www.mayoclinic.org/diseases-conditions/lymphoma/symptoms-causes/syc-20352638> (accessed 18 April 2025).

ⁱⁱ Cleveland Clinic. Lymphoma. Available at <https://my.clevelandclinic.org/health/diseases/22225-lymphoma> (accessed 18 April 2025).

ⁱⁱⁱ SingHealth: Lymphoma. Available at <https://www.singhealth.com.sg/patient-care/conditions-treatments/lymphoma> (accessed 18 April 2025).

^{iv} Medical News Today. What are some treatments for lymphoma? Available at <https://www.medicalnewstoday.com/articles/lymphoma-treatments> (accessed 18 April 2025).

^v Lymphoma Research Foundation. Coping with Lymphoma. Available at <https://lymphoma.org/understanding-lymphoma/coping-with-lymphoma/exercise-and-nutrition/#:~:text=Maintaining%20a%20healthy%20lifestyle%20is,of%20motion%2C%20balance%2C%20and%20stability> (accessed 18 April 2025).

^{vi} Mayo Clinic. Lymphoma Diagnosis. Available at <https://www.mayoclinic.org/diseases-conditions/lymphoma/diagnosis-treatment/drc-20352642> (accessed 18 April 2025).

^{vii} Sarah Cannon Cancer Network. 12 questions to ask at your first cancer appointment. Available at <https://sarahcannon.com/blog/entry/12-questions-to-ask-at-your-first-cancer-appointment> (accessed 18 April 2025).