

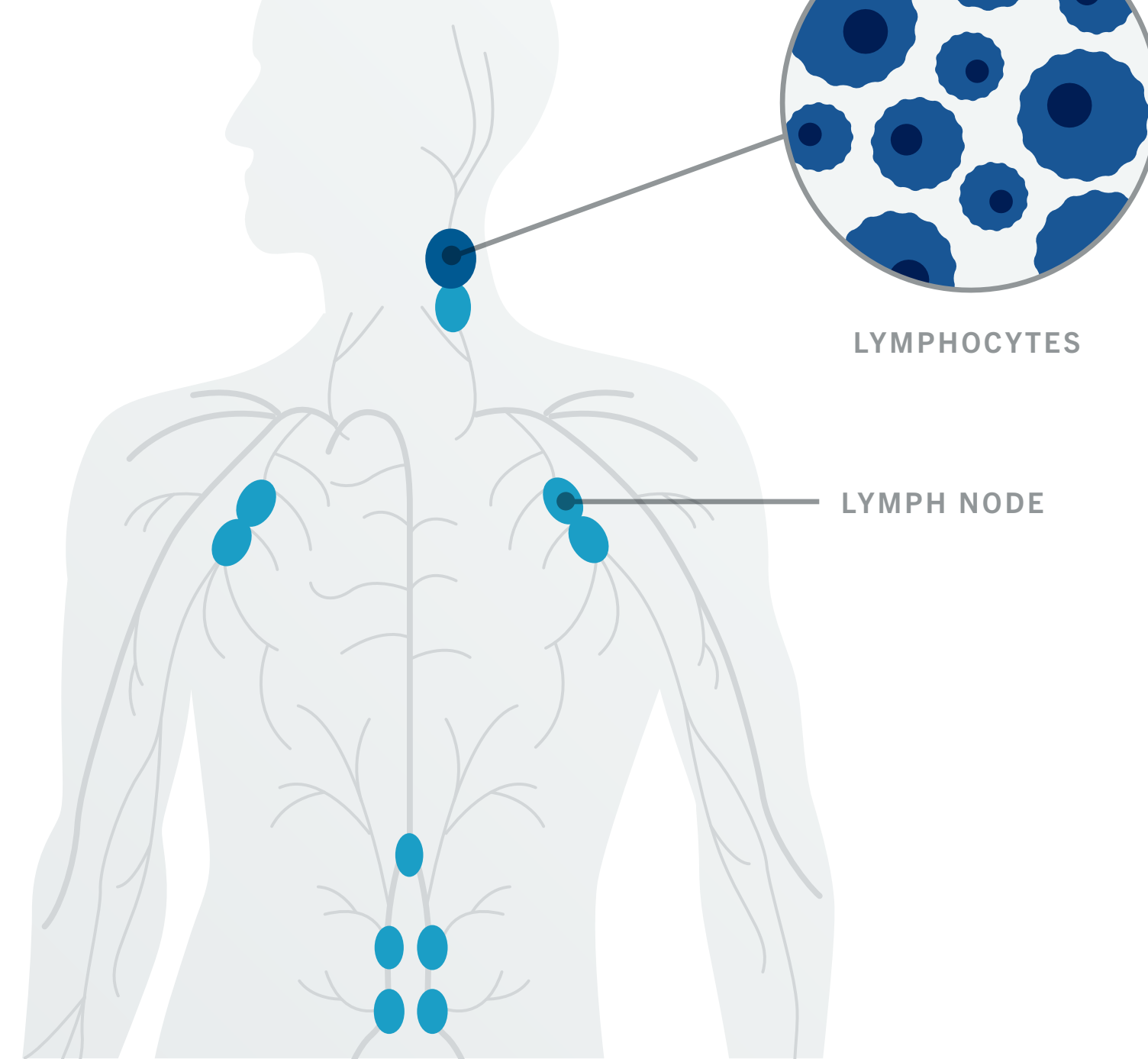
# UNDERSTANDING NON-HODGKIN'S LYMPHOMA

Non-Hodgkin's lymphoma, or NHL, is a disease in which malignant (cancerous) cells form in the lymph system, which is part of the immune system.<sup>1</sup> It is one of the most common blood cancers among adults in the U.S.<sup>2</sup>

## How NHL Starts

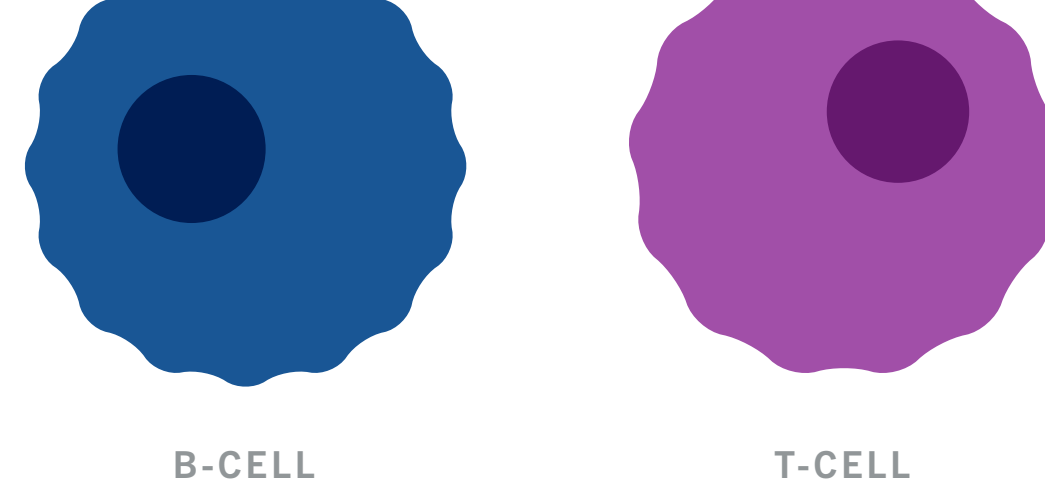
NHL occurs when too many **abnormal lymphocytes**, a type of white blood cell, are produced.<sup>3</sup>

Normally, old lymphocytes die, and the body creates new ones to replace them. In people with NHL these lymphocytes don't die, but **continue to grow and divide**. This oversupply of lymphocytes crowds into lymph nodes, causing them to swell.<sup>3</sup>



**85%** of NHL cases start in lymphocytes called **B-cells**.<sup>4</sup>

A small percentage of cases start in lymphocytes called **T-cells**.<sup>4</sup>



## NHL by the Numbers



**72,240**

ESTIMATED NEW CASES IN THE U.S. IN 2017<sup>5</sup>

**60+**

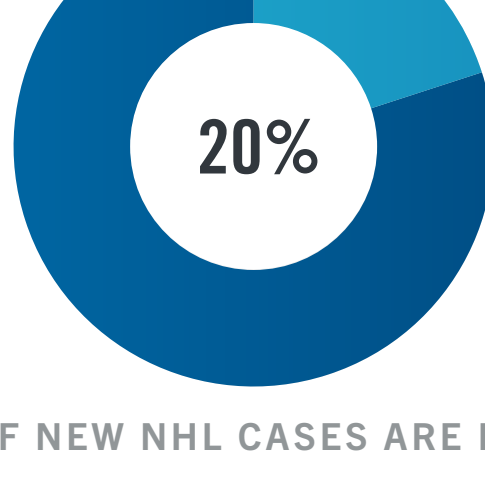
DIFFERENT TYPES<sup>5</sup>

**67**

MEDIAN AGE AT DIAGNOSIS<sup>6</sup>

## Categories of NHL

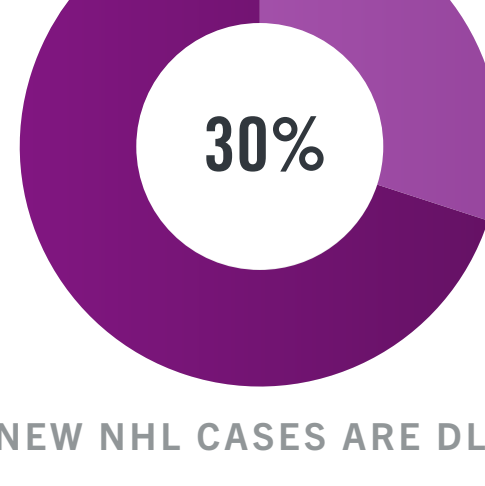
NHL is grouped into two categories based on growth rate: **indolent** (slow-growing) and **aggressive** (fast-growing).<sup>1</sup>



OF NEW NHL CASES ARE FL<sup>7</sup>

**FOLLICULAR LYMPHOMA (FL)**

is the most common type of indolent NHL.<sup>7</sup>



OF NEW NHL CASES ARE DLBCL<sup>7</sup>

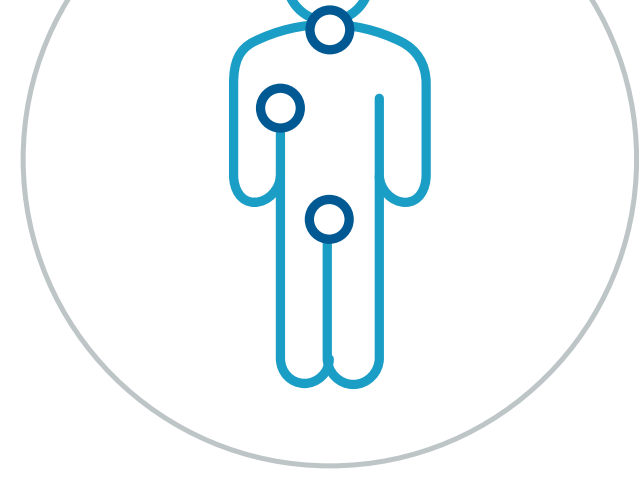
**DIFFUSE LARGE B-CELL LYMPHOMA (DLBCL)**

is the most common type of aggressive NHL.<sup>7</sup>

## Signs and Symptoms of NHL<sup>3,8</sup>

The most common symptom is **swollen lymph nodes**, which can often be felt as lumps under the skin.

Symptoms of NHL may be seen in other conditions as well. Only a doctor will be able to tell if the symptoms are related to NHL.



**SWOLLEN, PAINLESS LYMPH NODES**

in neck, armpits or groin



**COUGHING**

trouble breathing or chest pain



**ABDOMINAL PAIN**

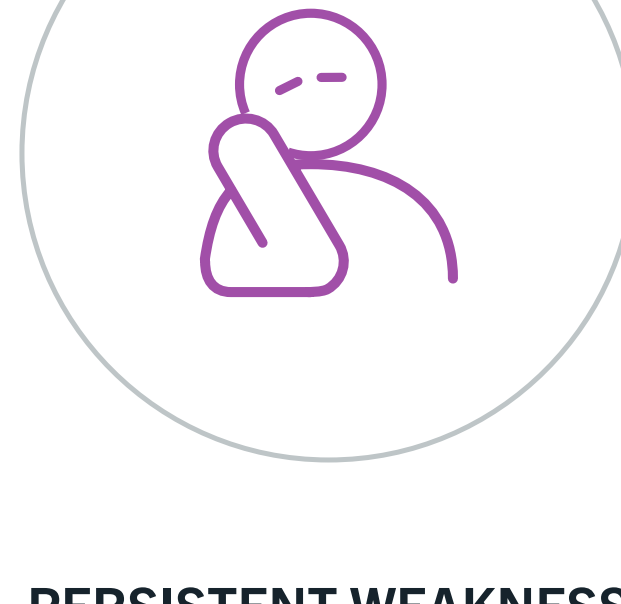
or feeling of fullness in abdomen



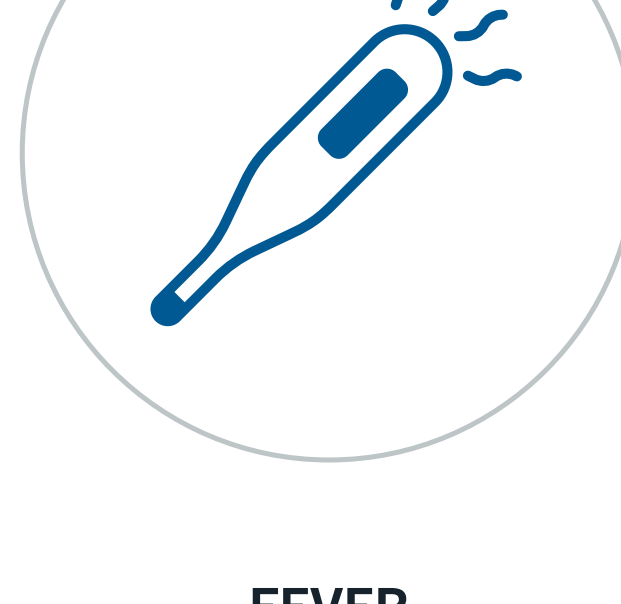
**UNEXPLAINED WEIGHT LOSS**



**SOAKING NIGHT SWEATS**



**PERSISTENT WEAKNESS  
AND TIREDNESS**

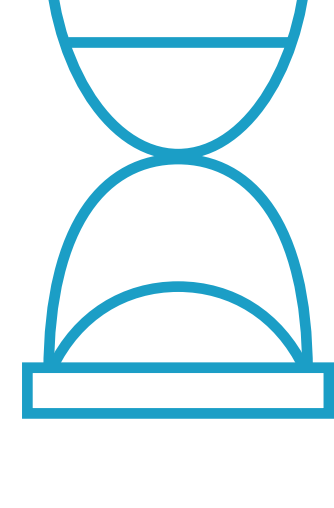


**FEVER**

## Treatment of NHL<sup>1,7</sup>

Treatment approach is dependent on a variety of factors, including the type of NHL, growth rate and stage.

### For Indolent NHL:

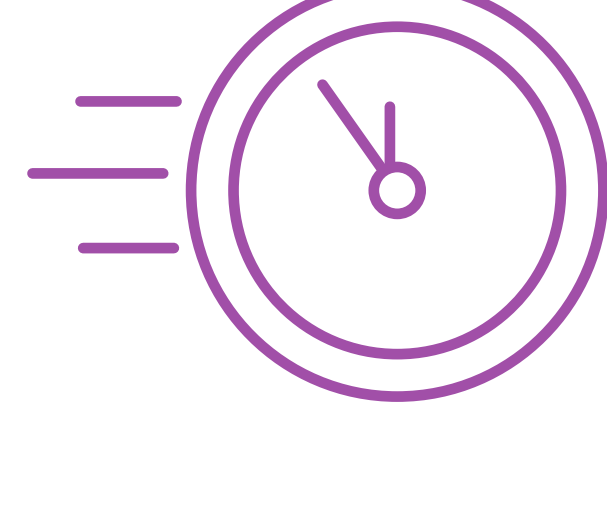


Doctors may recommend a “**watch and wait**” or observational approach until disease progression for some people who do not show any symptoms.<sup>7</sup>



This form of NHL is **incurable** and relapse is common. A goal of treatment is controlling the disease.<sup>9</sup>

### For Aggressive NHL:

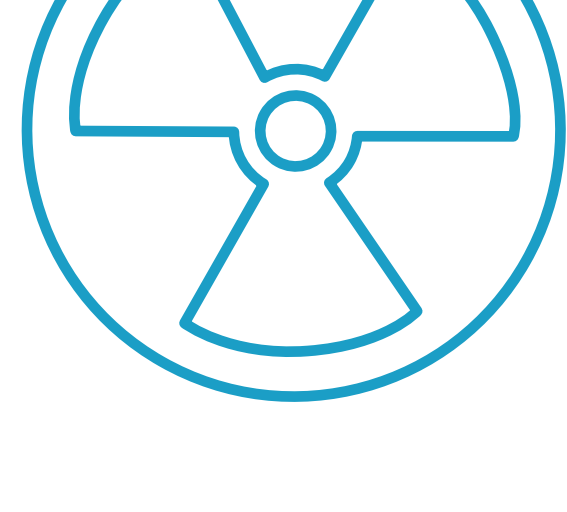


Doctors typically **begin treatment immediately** without an observational period.<sup>7</sup>

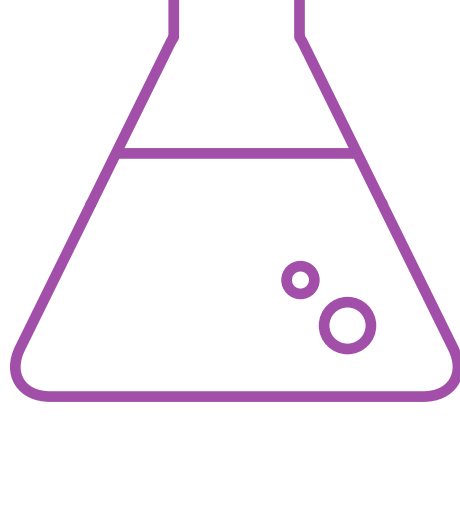


For most patients a goal is to achieve **remission** or control the disease if it does return.<sup>10,11</sup>

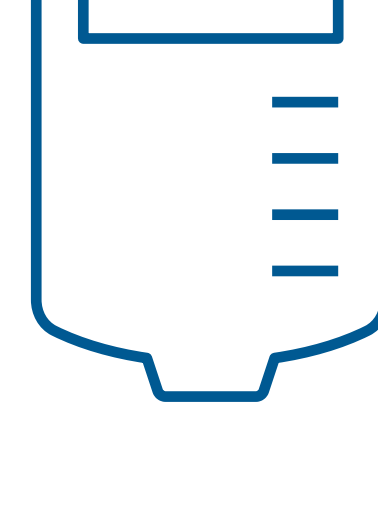
## Treatment Options Include:



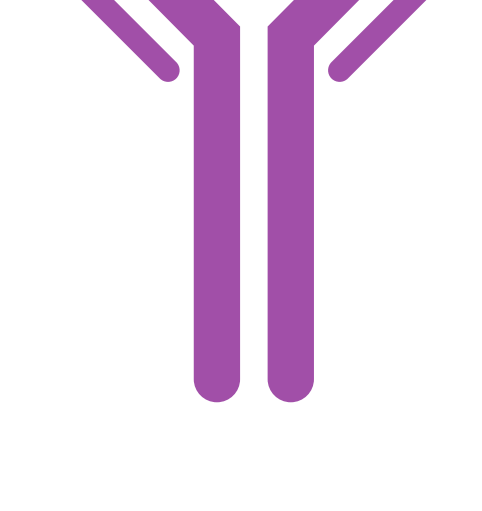
**RADIATION**



**CHEMOTHERAPY**



**BONE MARROW OR STEM CELL  
TRANSPLANT**



**MONOCLONAL ANTIBODIES**



**OTHER TARGETED AGENTS**

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