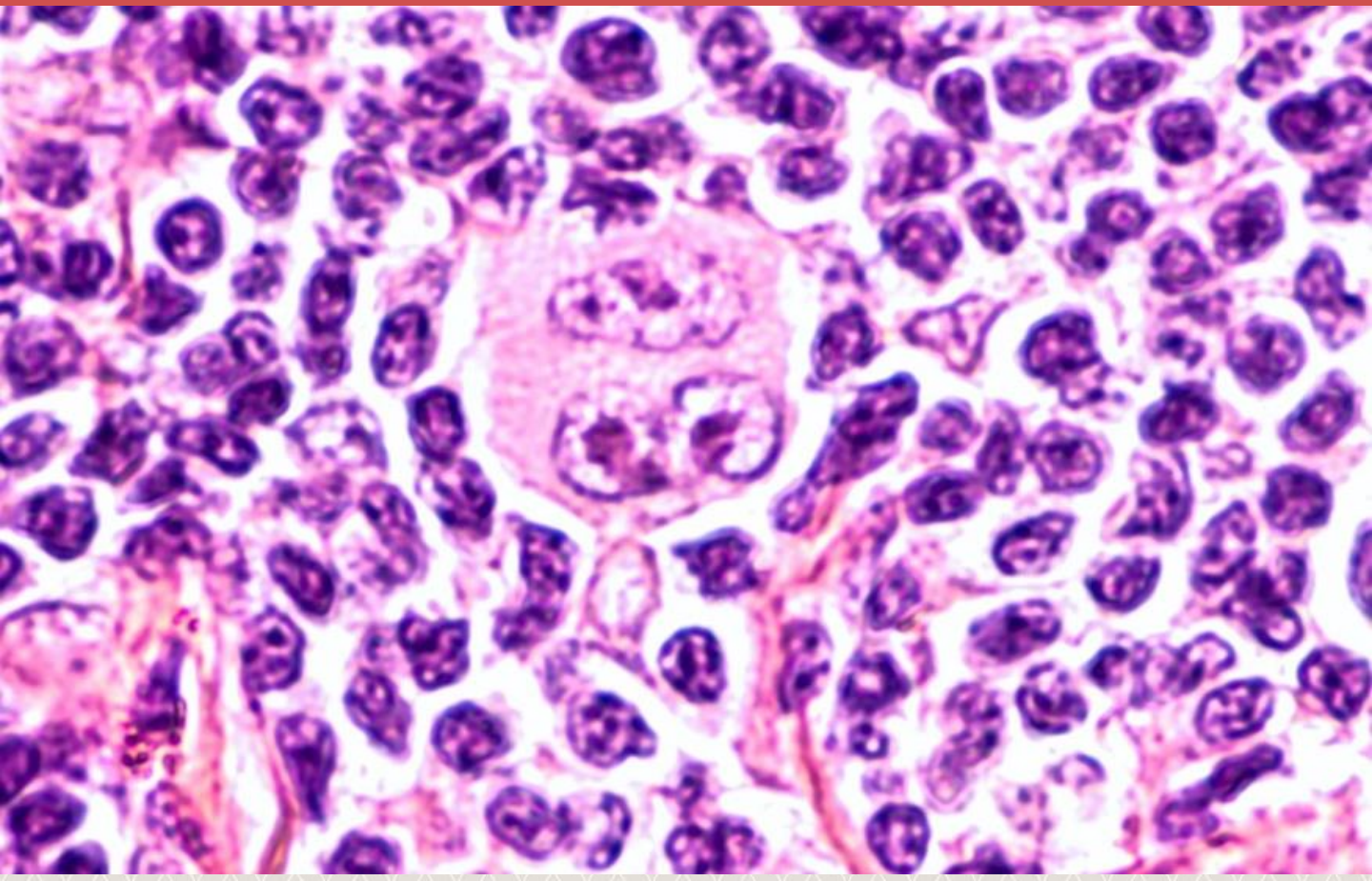


Department of  
**Haematology**

# Lymphoma



# What is Lymphoma?

Lymphocytes are white blood cells that help our body fight infections.

Lymphoma is a blood cancer that develops when lymphocytes grow out of control.

Lymphoma cells can travel to different parts of the body, collect in bean-shaped organs called lymph nodes, and cause them to swell.

# What are the Types of Lymphoma?

## Lymphomas

### Hodgkin's Lymphoma

Less common

Hodgkin's Lymphoma is diagnosed when a specific type of cell, the Reed-Sternberg cell, is observed. It typically occurs in lymph nodes found in the neck, chest, or armpits.

### Non-Hodgkin's Lymphoma

More common

There are many different types of non-Hodgkin's Lymphoma. They are differentiated by the type of cell, their size, shape and arrangement of the cancer cells in the lymph nodes/bone marrow.

# Symptoms of Lymphoma

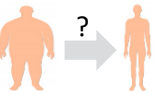
Swollen painless lymph nodes that can be found in the neck, groin or armpits



Persistent fevers



Unexplained weight loss



Night sweats that drench your clothes



Itchy or patchy red skin



Fatigue



## Diagnosis



During your doctor's consultation, your doctor will ask about your symptoms and perform a physical examination.



Diagnostic tests will be ordered to determine the diagnosis. These tests may include:

- Blood tests
- Biopsy of lymph node
- Bone marrow examination
- CT scan/PET scan

The test results will help your doctor prescribe a suitable treatment based on your condition.

# Staging in Lymphoma

Lymphoma has four stages, indicating the extent of spread within the body.

- I **The earliest stage** – cancer is found only in one group of lymph nodes
- II There is cancer in two or more groups of lymph nodes on the same side of the diaphragm
- III There is cancer in lymph nodes on both sides of the diaphragm
- IV **The most advanced stage** – cancer has spread throughout the body, beyond the lymph nodes

## How is Lymphoma Treated?

There are many ways to treat lymphomas. Slow-growing lymphomas can be monitored, whereas aggressive lymphomas will need more urgent treatment.



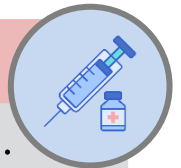
# Treatment Methods

## Chemotherapy



- Drugs given orally or injected into the veins to kill cancer cells.
- Multiple cycles are administered at regulated intervals to allow time for the body to recover in between cycles.

## Immunotherapy



- Drugs that are targeted towards the lymphoma cells.
- Can be used alone or together with chemotherapy.

## Radiotherapy



- Localised treatment that uses high-energy rays to kill lymphoma cells.

## Bone Marrow/ Stem Cell Transplant



- Aims to replace the bone marrow with “good” cells after the lymphoma cells are killed by high doses of chemotherapy.

# Lymphoma Patient Support Group

Lymphoma Patient Support Group is held on a monthly basis. For more information, you can contact TTSH Medical Social Worker at 6357 8222.

**Clinic 1C**  
TTSH Medical Centre, Level 1  
Contact: 6889 4664

**Clinic 5A**  
TTSH Medical Centre, Level 5  
Contact: 6889 4747

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### Lymphoma



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