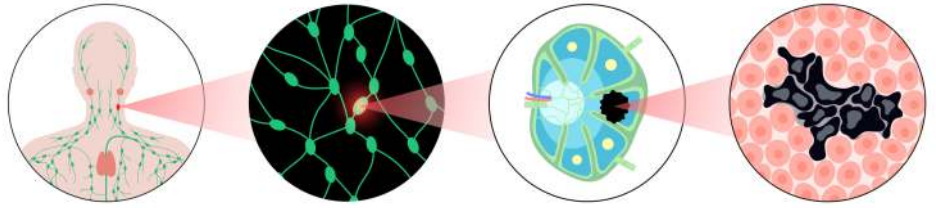


LYMPHOMA

WHAT IS LYMPHOMA?*



- Lymphoma is **cancer** of the **lymphocytes**, which are the **white blood** cells that help to fight infection.
- Lymphocytes are found in a liquid called lymph, which travels throughout our body in the **lymphatic system**.
- The lymphatic system is a series of tubes, nodes and organs such as the spleen and thymus that are part of our **immune system**.
- Lymphocytes often gather in the lymph nodes - most commonly in the armpit, neck or groin - to fight infection, but can also be found in almost any part of the body.
- Lymphoma occurs when **abnormal lymphocytes** grow out of control and collect in the lymph nodes or other parts of the body.

TYPES OF LYMPHOMA?

There are two main types, namely **Hodgkin's Lymphoma**, characterised by Reed-Sternberg cells, and **Non-Hodgkin's Lymphoma (NHL)** which has various subtypes.



In recent years, an alarming correlation has emerged - those living with HIV/AIDS face a significantly elevated risk of lymphoma due to compromised immune systems.

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LYMPHOMA
COALITION

*Source: lymphomacoalition.org

LYMPHOMA

SIGNS AND SYMPTOMS

The symptoms of lymphoma are commonly seen in other less serious illnesses, such as influenza or other viral infections. With lymphoma, these symptoms persist over time and cannot be explained by an infection or another disease.



COMMON SIGNS AND SYMPTOMS

- Swelling of lymph nodes, often painless
- Chills/temperature swings
- Recurrent fever
- Excessive sweating, often at night
- Unexplained weight loss
- Loss of appetite
- Persistent tiredness and lack of energy
- Breathlessness and coughing
- Persistent itch all over the body without an apparent cause or rash
- General fatigue
- Enlarged tonsils
- Headache



As lymphomas progress, the body loses its ability to fight infection.

OTHER SYMPTOMS

- People may feel pain in lymph nodes after drinking alcohol
- If lymphoma involves lymphatic tissue within the abdomen, bowel or stomach, fluid may build up near the intestines, potentially leading to sensations of abdominal pressure, pain, diarrhoea and/or indigestion
- Enlarged lymph node sometimes causes other symptoms by pressing against a vein (causing swelling of an arm or leg), or against a nerve (causing pain, numbness, or tingling in an arm or leg).
- Some experience unexplained lower back pain, which may be caused by expanding lymph nodes pressing on nerves.

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