

Learning About Lymphoma

Patients with HIV have an increased risk of developing lymphoma and other types of cancer.

1 Introduction

Lymphoma describes cancer that begins in the lymph system; this includes the lymph nodes, lymph vessels, spleen, thymus, tonsils, and bone marrow. There are two main sub-types of lymphoma, Hodgkin lymphoma and non-Hodgkin lymphoma (NHL). While Hodgkin lymphoma is often easily cured and treatable, NHL prognosis is more complicated and varies on the specific type of cancer. Lymphatic cancers are generally rare but they can affect anyone at any age.

2 Screening

Cancer screenings are important to help aid in the early detection and prevention of cancer. Some screening tests may help aid in identifying risk factors and other conditions that can make a patient more susceptible to cancer. Other screenings can help detect cancer before there are symptoms. Unfortunately some screening tests can also have side effects or produce inaccurate test results. Screening tests can include:

- Physical exams
- Laboratory tests
- Imaging procedures
- Genetic tests

3 Risk Factors

While causes of cancer are not always identifiable, and can appear in seemingly healthy individuals, it is important to understand possible risk factors which could increase your risk of developing cancer. There have been many factors with links to causing or increasing the risk of cancer; some of which include:

- Smoking
- Infections
- Radiation
- Immunosuppressive medication
- Poor diet
- Alcohol

4 Whole Health

In an effort to prevent cancer and live healthy as a whole, it is important to do what is best for your body. Seeking the best guidance from providers and specialists will help in ensuring whole body health. Physical activity and avoiding harmful substances not only can help reduce the risk of cancer, but can also benefit other health concerns. Every patient is different and everyone requires a unique set of attributes for optimal health. Evaluating your health can be done by reviewing blood work, assessing physical capabilities, monitoring mental health, and addressing eating habits.

Did you know?

It is estimated that around 77,000 people will be diagnosed with non-Hodgkin lymphoma in 2020

For more information on lymphoma and other cancers please visit <https://cancer.gov>

References:

<https://www.cancer.gov/types/lymphoma>

<https://seer.cancer.gov/statfacts/html/nhl.html>

<https://www.mayoclinic.org/diseases-conditions/lymphoma/symptoms-causes/syc-20352638>