

by patients for patients – by patients for patients – by patients for patients – by patients for patients

How common is lymphoma?

Around 1,700 people are diagnosed every year with lymphoma in Switzerland. Experts are predicting a further increase in incidence rates, attributable in part to the increasingly ageing population.

Prevention

Since the causes are not yet known, there are no targeted prevention measures. If a person is experiencing the symptoms of lymphoma a primary care physician should be consulted and, where necessary, further clarification from a haematologist or oncologist sought.

Our key objectives are:

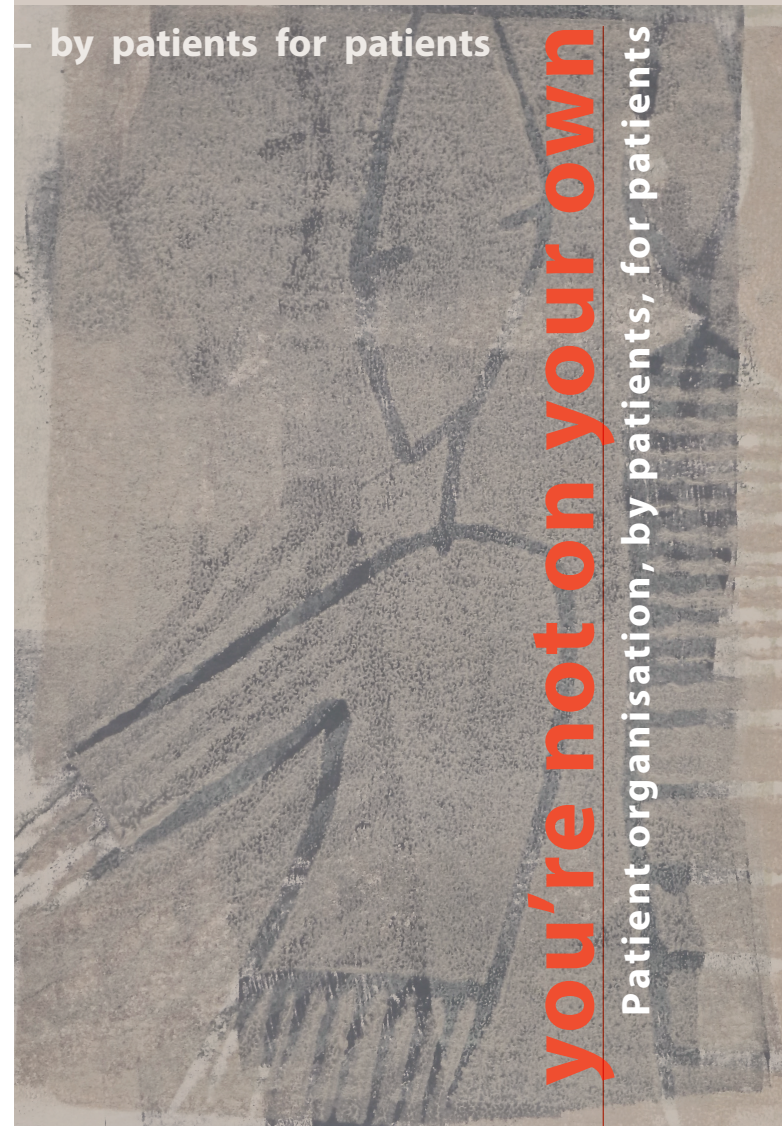
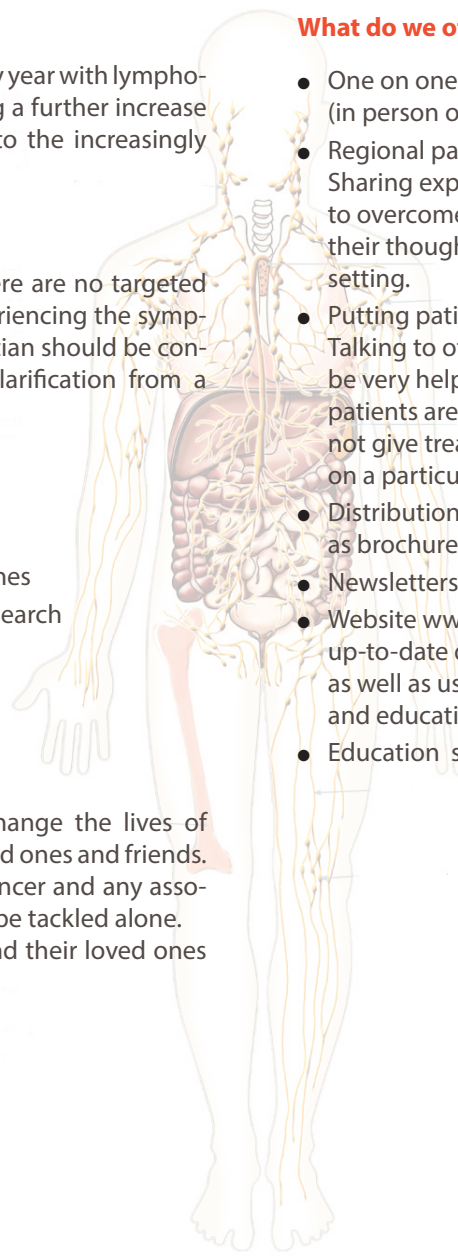
- Raising awareness for lymphoma
- Access to new treatments and medicines
- Communication of new findings in research
- Information on clinical trials
- Patient support groups

Support

A lymphoma diagnosis doesn't only change the lives of those directly affected, but also their loved ones and friends. The acceptance and treatment of the cancer and any associated worries and issues cannot always be tackled alone. It is therefore important that patients and their loved ones do not end up feeling alone.

What do we offer?

- One on one discussions (in person or over the phone)
- Regional patient support groups
Sharing experiences in a group setting can help to overcome fears. Patients have a chance to express their thoughts and feelings in an understanding setting.
- Putting patients in touch with fellow patients
Talking to others that have cancer like you, can be very helpful. (Please keep in mind that fellow patients are not medically trained and should not give treatment recommendations or advice on a particular medical situation.)
- Distribution of informational materials such as brochures and information sheets
- Newsletters
- Website www.lymphome.ch. We aim to provide up-to-date disease information and related topics as well as useful links and information about events and educational opportunities.
- Education sessions with lectures given by specialist.



you're not on your own
Patient organisation, by patients, for patients

What is malignant lymphoma?

The term “lymphoma” is used to refer to tumours of the lymphatic system. The cancer originates in the lymphatic organs (e.g. lymph nodes and spleen) or in the lymphoid cells (T and B cells).

Lymphoma develops, when lymphocytes (white blood cells) get out of control. They divide abnormally or do not die at the time they should. There are many different subtypes of lymphoma, many of which behave differently and require different treatment.

Lymphoma is the fifth most common type of cancer in Switzerland and can occur in any age group, including children. The disease is almost always treatable, and many patients live for many years following a lymphoma diagnosis.

There are many subtypes of lymphoma and it is important that patients know which type they have been diagnosed with. Some examples of subtypes include:

- Hodgkin lymphoma (also known as Morbus Hodgkin or Hodgkin’s Disease)
- Diffuse large B-cell lymphoma (DLBCL)
- Follicular lymphoma (FL)
- Mantle cell lymphoma (MCL)
- Marginal zone lymphoma (MZL)
- Chronic lymphocytic leukaemia (CLL)
- Waldenstrom’s macroglobulinemia (MW)
- Hairy cell leukaemia (HCL)
- T-cell lymphoma (TCL)

With 80+ different Lymphoma subtypes it is important to ask your doctor what subtype you have!
(www.knowyoursubtype.org)

Signs and symptoms

The symptoms may be similar to a cold or flu and are therefore not always an immediate cause for concern. The most common symptoms are swelling of the lymph nodes in the neck, armpit or groin. Swelling may also occur in other locations, though these are recognisable only by diagnostic imaging. Often, especially in the early stages of the cancer, the swelling does not cause discomfort or pain.

Other symptoms include:

- Unexplained weight loss
- Fever
- Severe night sweats
- Lack of energy, fatigue
- Change in blood values
- Persistent skin itching
- Persistent coughing, shortness of breath
- Dizziness
- Headache

Causes?

The causes of most types of lymphoma are still unknown, and diagnosis can be problematic. Some forms of lymphoma occur in patients with organ transplants taking medication to prevent transplant rejection.

People with weakened immune systems (e.g. HIV) also have an increased risk of developing lymphoma. It is also thought that pesticides, certain chemicals, wood preservatives and some viruses can cause the cancer. (More information www.lymphomacoalition.org/lymphomas/research/InterLymphConsortium)

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