## DLBCL Treatment Approaches: What You Need to Know

**Diffuse Large B-cell Lymphoma (DLBCL) Subtypes Include:**
- GCB (germinal center B cell)
- ABC (activated B cell)
- MYC
- BCL2

**Common Symptoms of DLBCL Include:**
- Fatigue
- Weight loss
- Fevers
- Night sweats
- Swollen lymph nodes
- Body aches

**Key Treatment Considerations Include:**
- A patient’s age and overall health
- Existing medical conditions and comorbidities
- Potential treatment side effects
- A patient’s preference

**Stages of DLBCL**
- **Stages I and II** typically involve one lymph node group on the same side of the breathing muscle (the diaphragm).
- **Stage III** involves two or more lymph nodes on both sides of the diaphragm, such as the neck and groin.
- **Stage IV** involves sites outside of the lymph nodes, such as the liver or the lungs.

### Glossary Terms

**Autologous Stem Cell Transplantation:** Healthy blood stem cells from your own body are used.

**B cells:** Part of a person’s immune system that develop from stem cells in the bone marrow.

**Bispecific Antibodies:** Antibodies that bind to two different antigens at the same time. These antibodies are being studied in the treatment of cancer.

**CAR (Chimeric Antigen Receptor) T-Cell Therapy:** Treatment in which the T cells (a type of immune system cell) of a patient are laboratory-altered to attack cancer cells in the body.

**Double Hit Lymphoma (DHL):** An aggressive type of B-cell non-Hodgkin lymphoma (NHL) characterized by re-arrangements of two genes, the MYC gene and either BCL-2 or BCL-6 gene.

**Immunotherapy:** Type of therapy that harnesses one’s own immune system to help the body fight cancer, infection, and other diseases.

**PET (Positron Emission Tomography) Scan:** Imaging test that uses a special dye with radioactive tracers to allow your doctor to check for diseases in your body.

**Refractory Disease:** The disease is not responding to treatment.

**Relapsed Disease:** The disease or symptoms have returned following a period of remission.

**Remission** is a decrease in or disappearance of signs and symptoms of cancer. In **partial remission**, some, but not all, signs and symptoms of cancer have disappeared. In **complete remission**, all signs and symptoms of cancer have disappeared, although cancer still may be in the body.

**Stem Cell Transplant:** Also called a bone marrow transplant, is a procedure in which healthy blood stem cells are used to replace damaged or diseased bone marrow. This procedure can be used to treat certain types of blood cancers.
# Tools for Accessing the Latest Treatment Options

- Consider getting a **second opinion** with a specialist at an academic medical center.
- Ask if there is a clinical trial that is right for you.
- Educate yourself about DLBCL and stay informed about developing research by visiting credible websites and advocacy groups.

## DLBCL Resources

- **Cancer Support Community**: cancersupportcommunity.org
- **The Leukemia & Lymphoma Society (LLS)**: LLS.org
- **Leukemia Research Foundation**: allbloodcancers.org
- **Lymphoma Research Foundation**: lymphoma.org
- **Clinical Trials**: clinicaltrials.gov

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## Combination DLBCL Treatment Approaches Include:

**R-CHOP**: A treatment regimen that includes rituximab, cyclophosphamide, doxorubicin hydrochloride, vincristine sulfate, and prednisone.

**R-EPOCH**: A treatment regimen that includes rituximab, cyclophosphamide, doxorubicin hydrochloride, vincristine sulfate, prednisone, and etoposide.

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## MORE TOOLS FOR EMPOWERMENT

- **Digitally Empowered™**
- **PEN-Powered Activity Guide**
- **Empowered Blog**
- **Empowered! Podcast**

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