

## Engage in Your Care

- Educate yourself about your condition. Ask your healthcare team to recommend credible resources of information.
- Understand the goals of treatment and speak up about your personal preferences.
- Consider a second opinion or a consult with a specialist following a diagnosis.
- Write down your questions before and during your appointments.
- Don't hesitate to ask questions and to share your concerns. You are your own best advocate.

### Treatment Approaches May Include

- Radiation therapy
- Chemotherapy
- Targeted therapy
- Immunotherapy
- Cellular therapy, such as CAR T-cell therapy or a bone marrow transplant

### Questions to Ask About Treatment

- Are there clinical trials I might be eligible for?
- Are there alternatives to the therapy you're recommending?
- What is the difference between my treatment options?

## Glossary Terms

**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.

**CVP:** A chemotherapy regimen that includes cyclophosphamide, vincristine, and prednisone.

**Lymphocyte:** A type of white blood cell that is involved in the immune system.

**Non-Hodgkin Lymphoma (NHL):** A cancer that starts in the lymphatic system. Follicular lymphoma is a subtype of NHL.

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

**Stem Cell Transplant:** A procedure in which healthy blood stem cells are used to replace damaged or diseased bone marrow after high-intensity chemotherapy or radiation.

**Watchful Waiting (or Active Surveillance):** The period of time before treatment begins in which a patient is monitored for disease progression and symptoms.

### Follicular Lymphoma Resources

[The Leukemia & Lymphoma Society \(LLS\)](#)  
[Leukemia Research Foundation](#)  
[Lymphoma Research Foundation](#)  
[Clinicaltrials.gov](#)



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