It’s important that you receive an accurate diagnosis and understand DLBCL.

Understanding your diagnosis — including the stage and subtype — is important so that you can find out what treatments are available to you.

DLBCL is typically treated with a regimen that combines chemotherapy and a monoclonal antibody. If a patient doesn’t respond to initial treatment or relapses, then several other options are considered, including:

- Alternative chemotherapy
- Stem cell transplant
- Targeted treatment
- CAR T-cell therapy
- Clinical trials

Before you start any treatment, it’s essential to ask your doctor if you have had biomarker testing, which is used to identify specific mutations that are unique to your DLBCL. This may help in guiding your prognosis and treatment options.

Once you understand the treatments that are available to you, it’s time to talk to your doctor about the risks and benefits of each option and to walk through the goals of your treatment.

Understanding a treatment’s course, including potential side effects and the impact on your other health conditions and lifestyle, is crucial.

How can you take action?

- Make sure you understand the stage and grade of your DLBCL and goals of treatment.
- Consider a consultation with a DLBCL specialist.
- Ask about biomarker testing and what test results mean for you.
- Visit credible online resources to stay up to date on DLBCL information.
- Visit powerfulpatients.org/DLBCL.