

# THE DIFFUSE LARGE B-CELL LYMPHOMA (DLBCL) PRO-ACTIVE PATIENT TOOLKIT

Resource Guide



## Engage in Your DLBCL Care

- Educate yourself about DLBCL. Ask your team for recommendations for credible sources of information.
- Consider a second opinion or a consult with a DLBCL specialist immediately following your diagnosis.
- Make a list of questions prior to your appointments and bring a friend or family member along to visits.
- Understand and articulate the goals of your DLBCL treatment plan and ask if a clinical trial may be right for you.
- Learn about your options and discuss the pros and cons of each approach with your doctor.
- Speak up and share your questions and concerns. YOU are your own best advocate.

### DLBCL Treatment Considerations Include:

- Age and overall health.
- The location and stage of the DLBCL at the time of treatment.
- Lab test results, including biomarker test results.
- The potential side effects of each option.

### DLBCL Resources

**CancerGRACE:** [cancergrace.org](http://cancergrace.org)  
**Cancer Support Community:**  
[cancersupportcommunity.org](http://cancersupportcommunity.org)  
**The Leukemia & Lymphoma Society (LLS):** [LLS.org](http://LLS.org)  
**Lymphoma Research Foundation:** [lymphoma.org](http://lymphoma.org)  
**Clinical Trials:** [clinicaltrials.gov](http://clinicaltrials.gov)

## Glossary Terms

**B Cells:** Part of a person's immune system that develops 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.

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

**Targeted Therapy:** A type of personalized medicine that works by blocking specific mutations and by preventing cancer cells from growing and dividing, without affecting normal cells.

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