# THE PRO-ACTIVE DLBCL PATIENT TOOLKIT

Find Your Voice Resource Guide



# WHAT IS DLBCL?

DLBCL is the most common form of non-Hodgkin lymphoma, which is a type of cancer that begins in the lymphatic system. The lymphatic system is part of the body's immune system and includes tissue and organs that create, carry, and store white blood cells. DLBCL is caused when white blood cells called lymphocytes rapidly grow out of control.

# TAKE ACTION

- Educate yourself <u>about DLBCL</u>.
- <u>Consider a second opinion</u> or consult with a DLBCL specialist immediately following a diagnosis.
- Write down your questions before and during your appointments.
- <u>Understand the goals of treatment</u> and ask whether a clinical trial might be right for you.
- Bring a friend or loved one to your appointments.
- <u>Remember that you have a voice in your care</u> <u>decisions</u>. Don't hesitate to ask questions and to share your concerns. You are your own best advocate.

# GLOSSARY

**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.

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

**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.

### TREATMENT CONSIDERATIONS

- A patient's disease-specific factors, including stage, subtype, and test results.
- Is there anything about that may impact the patient's ability to tolerate the standard treatment approach?
- Is R-CHOP appropriate, or do risk factors indicate a different treatment option might be a better fit?
- Is the patient eligible for a clinical trial for their specific disease?



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