

FOLLICULAR LYMPHOMA TREATMENT DECISIONS: WHAT'S RIGHT FOR YOU?



Program Resource Guide

Expert Advice for Newly Diagnosed Patients

- Get a referral immediately to a lymphoma specialist.
- Bring a family member or friend to your appointments.
- Make a list of questions in advance of your office visits.

Common Follicular Lymphoma Symptoms

- Swollen lymph nodes
- Fatigue
- Shortness of breath
- Night sweats
- Unexplained weight loss

Follicular Lymphoma Grades

- Grade 1, 2, and 3A follicular lymphomas are considered **low-grade or slow-growing**.
- Grade 3B indicates a **more aggressive** lymphoma.

Stages of Follicular Lymphoma

- **Stage I:** The lymphoma is localized in one general area of lymph nodes.
- **Stage II:** The lymphoma is in lymph nodes on one side of the diaphragm.
- **Stage III:** The lymphoma is in lymph nodes both above and below the diaphragm.
- **Stage IV:** The lymphoma has spread beyond the lymph nodes to at least one organ.

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.

BUN: A blood urea nitrogen test that measures the amount of urea nitrogen in your blood.

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.

POD24: Progression of disease within 24 months.

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

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

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Factors That Impact Treatment Decisions Include:	Follicular Lymphoma Resources
<ul style="list-style-type: none"> • Comorbidities ▪ Age and fitness ▪ Disease stage ▪ Treatment side effects ▪ Disease symptoms 	<p style="text-align: center;"> The Leukemia & Lymphoma Society (LLS) Leukemia Research Foundation Lymphoma Research Foundation Clinicaltrials.gov </p>

Understanding Stem Cell Transplants

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.

- **Allogeneic Stem Cell Transplant:** The donated stem cells can come from a sibling donor or a match-related donor.
- **Autologous Stem Cell Transplantation:** Healthy blood stem cells from your own body are used.

MORE TOOLS FOR EMPOWERMENT

- [Digitally Empowered™](#)
- [PEN-Powered Activity Guide](#)
- [Empowered Blog](#)
- [Empowered! Podcast](#) 

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