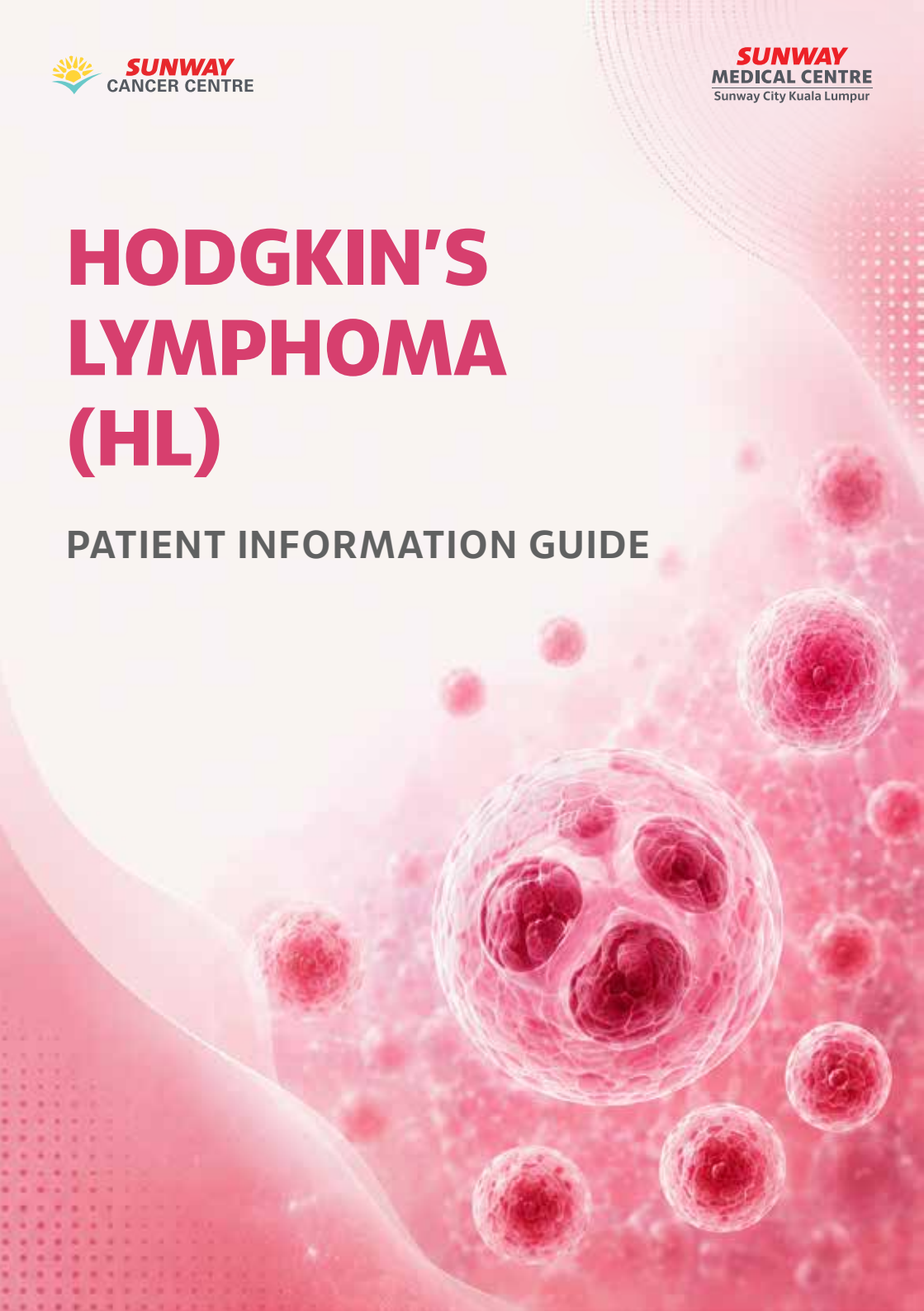


HODGKIN'S LYMPHOMA (HL)

PATIENT INFORMATION GUIDE



What is Hodgkin's Lymphoma (HL)?



Hodgkin's Lymphoma (HL) is a **cancer of the lymphatic system, a part of the body's immune system that helps fight infections**. It develops when abnormal white blood cells called **lymphocytes** grow uncontrollably.

A key feature that distinguishes Hodgkin's Lymphoma from other types of lymphomas is the **presence of Reed–Sternberg cells**, which can be identified under the microscope.

Hodgkin's Lymphoma is highly treatable, especially when detected early.

Signs and Symptoms

Symptoms may appear suddenly and worsen quickly, which include:



Painless swelling of lymph nodes (neck, armpit, or groin)



Cough or chest pain (if lymph nodes in the chest are enlarged)



Fever and night sweats



Persistent fatigue or weakness



Itchy skin or rash



Loss of appetite



Unexplained weight loss

If these symptoms persist for more than two weeks, please consult your doctor.

How is Hodgkin's Lymphoma Diagnosed?

Diagnosis requires several steps to confirm the disease and determine its stage:

- 1 Physical Examination**
Checks for swollen lymph nodes and enlarged spleen or liver.
- 2 Lymph Node Biopsy**
A small piece of tissue is removed for microscopic examination to confirm the type of Lymphoma.
- 3 Blood Tests**
Assess overall health and organ function.
- 4 Imaging Scans**
PET-CT, CT, or MRI scans to detect affected areas throughout the body.
- 5 Bone Marrow Biopsy**
Determines if the disease has spread to the bone marrow.

Treatment Options

Treatment depends on the stage of the disease, patient's age, and overall health.



Chemotherapy

Main treatment using drug combinations to destroy lymphoma cells.



Radiation Therapy

Might be needed in selected cases to keep the affected area under control.



Targeted Therapy

Newer medicines that attack specific proteins on lymphoma cells.



Immunotherapy

Stimulates the immune system to recognise and fight cancer cells.



Stem Cell Transplant

Used in relapsed or resistant cases to rebuild healthy bone marrow after intensive treatment.

Living with Hodgkin's Lymphoma



Healthy Nutrition

Eat balanced meals to support recovery and reduce fatigue.



Exercise and Rest

Gentle exercise helps regain strength while adequate rest aids recovery.



Emotional Well-being

Speak to counsellors or join cancer support groups.



Prevent Infections

Wash hands frequently and avoid contact with sick individuals during treatment.



Follow-Up Visits

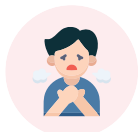
Regular scans and check-ups help ensure remission and monitor side effects.

When to Seek Medical Help?

Contact your doctor immediately if you experience:



Persistent fever, chills, or sweating



Shortness of breath or chest pain



Sudden weight loss or loss of appetite



Unusual bruising or bleeding

**This brochure is intended for general information purposes only and should not replace professional medical advice. Please consult your doctor for medical advice specific to your condition.*



WHERE TO GET HELP?

SUNWAY **MEDICAL CENTRE** Sunway City Kuala Lumpur

Sunway Medical Centre Sdn Bhd

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