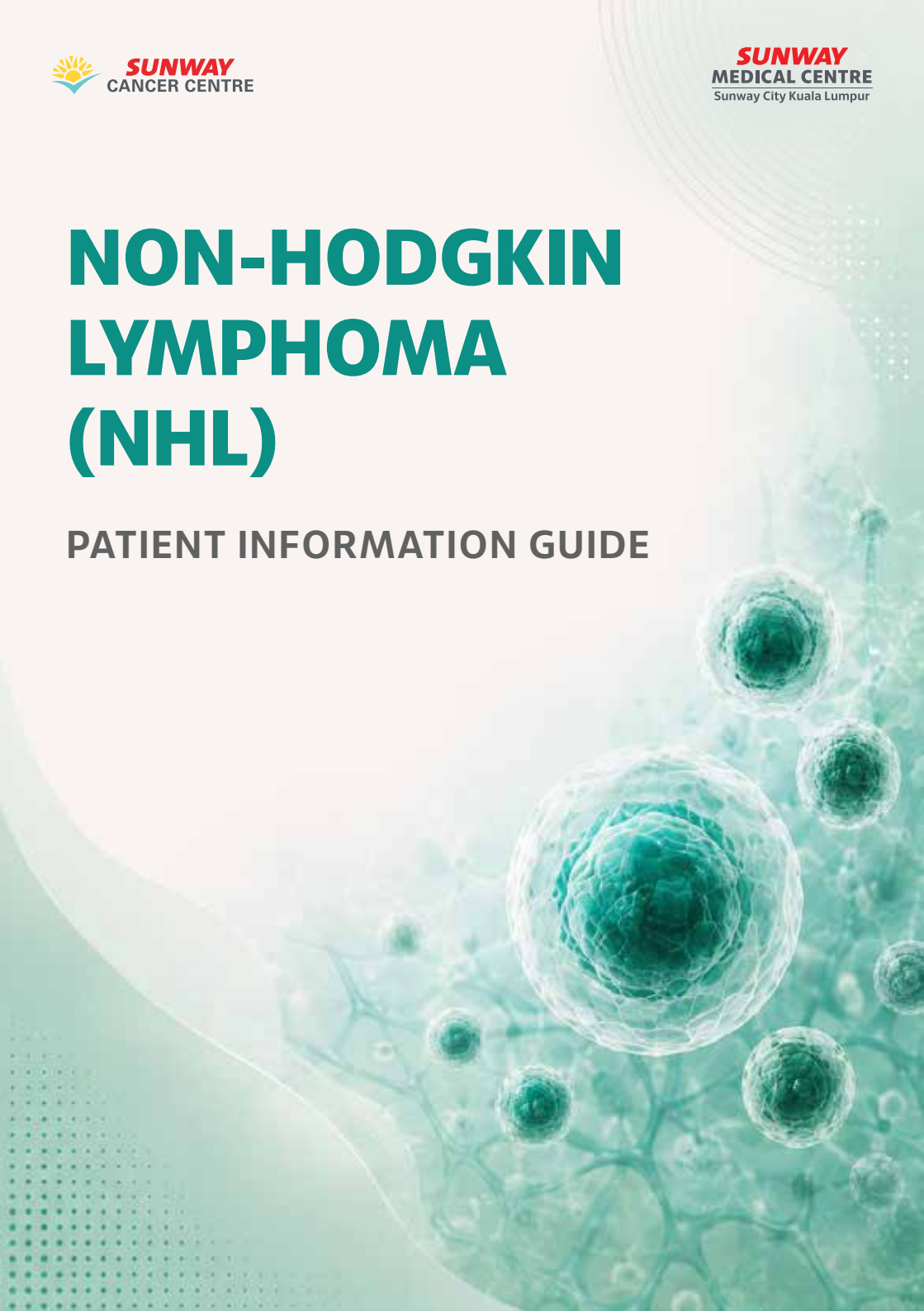


NON-HODGKIN LYMPHOMA (NHL)

PATIENT INFORMATION GUIDE



What is Non-Hodgkin Lymphoma (NHL)?



Non-Hodgkin Lymphoma (NHL) is a group of **cancers that start in the lymphatic system** – a network of vessels and nodes that helps the body fight infections.

In NHL, abnormal white blood cells called **lymphocytes** grow uncontrollably and form tumours in lymph nodes or other organs.

There are many subtypes of NHL, ranging from slow-growing (indolent) to fast-growing (aggressive) forms.

Signs and Symptoms

Symptoms vary depending on the subtype and stage of NHL, which may include:



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



Persistent fatigue or weakness



Unexplained Fever and night sweats



Shortness of breath or cough (if chest lymph nodes are enlarged)



Loss of appetite



Abdominal pain or swelling



Unintended weight loss

If you experience any of these symptoms for more than two weeks, please seek medical evaluation.

How is Non-Hodgkin Lymphoma Diagnosed?

Diagnosis involves several tests to identify the specific type of lymphoma:

1 Physical Examination

Checks for enlarged lymph nodes or organs.

2 Lymph Node Biopsy

Confirms the diagnosis and subtype of lymphoma.

3 Blood Tests

Assess overall health and organ function.

4 Bone Marrow Aspiration and Biopsy

Checks whether the lymphoma has spread to the bone marrow.

5 Lumbar Puncture

Checks whether lymphoma has spread to the brain or spinal fluid.

6 Imaging Scans

CT, PET-CT, or MRI scans to determine the stage and sites of involvement.

7 Immunophenotyping and Molecular Studies

Identify specific proteins and genetic markers on lymphoma cells.

Treatment Options

Treatment is tailored according to the type and stage of the disease, as well as the patient's overall health.



Radiation Therapy

Used in early-stage or localised disease to destroy affected lymph nodes.



Targeted/ Bispecific Therapy

Drugs that act on specific abnormal pathways in lymphoma cells.



Stem Cell Transplant

An option for relapsed or refractory cases after chemotherapy.



Observation ("Watch and Wait")

For slow-growing types without symptoms, treatment may be delayed until necessary.



Chemotherapy

Main treatment using combinations such as CHOP or other regimens to destroy lymphoma cells.



Immunotherapy

Medications such as monoclonal antibodies (e.g., rituximab) that help the immune system target cancer cells.



CAR T-cell Therapy

An advanced immunotherapy in which a patient's own immune cells are engineered to identify and destroy lymphoma cells, used for relapsed, refractory, or progressive disease.

Living with Non-Hodgkin Lymphoma



Healthy Diet

Eat balanced meals to maintain energy and immunity.



Prevent Infections

Practise good hygiene and avoid close contact with sick individuals.



Manage Fatigue

Rest adequately and pace your daily activities.



Regular Monitoring

Attend all scheduled follow-ups and blood tests.



Emotional Support

Join patient support groups or seek counselling to help manage stress.

When to Seek Medical Help?

Contact your healthcare provider immediately if you experience:



High fever or persistent infections



Rapidly enlarging lymph nodes or abdominal swelling



Severe fatigue or unexplained weight loss



Unusual bleeding or bruising

**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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