



## AWARENESS

# LYMPHOMA: CANCER OF THE WHAT?

Many people don't know what lymphoma is. The Mayo Clinic explains that it is a cancer of the immune system. This includes white blood cells and the thymus gland.

### What are the symptoms?

Top of the Mayo Clinic's list is this common symptom: swollen lymph nodes in your neck, armpits or groin.

You may also have:

- itchy skin
- night sweats
- unexplained weight loss
- shortness of breath
- fatigue
- fever.

### What are the signs that it might be a good idea to go to the doctor?

If you have any symptoms that are worrying you, or that do not go away, the Mayo Clinic suggests that a visit to the doctor might be in order.

### How successful is the treatment?

In a Mayo Clinic Minute, Dr Stephen Ansell, a Mayo Clinic haematologist, says that treatment is highly successful in most patients. He talks about advances in treatment:

In the last 10 years, we've learned that you can actually activate the patient's immune system and have the immune system target the cancer...

### Free downloads that may help

Lymphoma Action, a UK support group, has put together an e-book on how to ask for help, manage symptoms, and find ways to cope.

This e-book from Macmillan Cancer Support is called *The Building-Up Diet*. It suggests simple, nutritious meals to maintain your strength and energy.