

LYMPHOMA: A DOCTOR'S PERSPECTIVE



Lymphoma is a blood cancer that develops in cells of the immune system called lymphocytes.¹ It is the most common blood cancer worldwide, with an estimated 452,000 new cases in 2012.^{2,3} There are two main types of lymphoma: Hodgkin lymphoma, which affects both children and adults, and non-Hodgkin lymphoma (NHL), which is most commonly diagnosed in people in their late 60s.^{1,4,5} About 90% of people with lymphoma have NHL, which is actually a group of many different forms of the disease.¹ I'm a hematologist specializing in the treatment of lymphoma.

8AM: CHECKING IN ON SYMPTOMS



A 17-year-old boy comes in on a referral as his primary care doctor believes he is experiencing symptoms of lymphoma, including a low white blood cell count, fatigue, weight loss and a painful swollen lymph node near his throat.⁶

10AM: REVIEWING FAMILY HISTORY



I discuss family medical history with a new patient, since having relatives with lymphoma can increase risk for the disease.⁷

11AM: ASSESSING RESULTS



A patient and I discuss the results of a biopsy – a procedure that helps determine if cancer is present.⁶

12PM: DISCUSSING WHAT'S EXPECTED



I meet a 70 year-old patient who is worried about the impact chemotherapy will have on her daily routine. I explain that she may experience side effects including fatigue, and we discuss her options for remaining active.¹

1PM: LUNCH AND LEARN



My colleagues and I discuss new clinical research to help keep us up to date on the latest developments.

2PM: THE INTERDISCIPLINARY TREATMENT TEAM



I explain to my next patient the role of each specialist on her medical team, including me, her nurse practitioner, her dietitian and her case manager.⁸

3PM: TALKING ABOUT MEMORY



I help a patient who has been having memory and concentration issues resulting from treatment, and discuss tools to help him cope.⁹

4PM: CELEBRATING REMISSION



My last patient of the day just found out he is in remission, so I'm giving him a survivorship care plan that outlines next steps in his journey.¹⁰

8PM: SUPPORT GROUP

My wife and I are involved with a local patient support group, so we attend a patient meeting once a week.¹⁰



This is an example of a day in the life of a hematologist treating people living with lymphoma. The hematologist and patient perspectives may vary.

The Blood Cancer Community is bound together by blood to reach one common goal: to improve the lives of people impacted by blood cancer. Continued collaboration of patients, caregivers, healthcare providers, advocates, academics and researchers is critical to fulfilling this goal.

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