



Support Lymphoma Awareness

As the month of September brings leukemia and lymphoma into focus, it's time to increase public understanding of these diseases, including their prevalence, approaches to screening and prevention, treatment options, and resources that offer updated leukemia and lymphoma information throughout the year.

Leukemia and lymphoma are both hematologic malignancies, meaning that they involve the blood or bone marrow.

Staying informed with the latest news on prevention, screening, and treatment is an important step in reducing your risk of developing leukemia or lymphoma or achieving the best possible outcome from treatment. Access to current, in-depth treatment information can help you choose optimal care.

What is Lymphoma?

Lymphoma is a cancer which arises from lymphocytes, a type of white blood cells, which help fight infection. It is caused by the uncontrolled growth of these cells. Lymphoma starts in the lymphatic system primarily in the lymph nodes, but may also originate in the various lymphatic organs and sometimes from the peripheral B- and T-lymphocytes. Abnormal growth of these cells ultimately affects their functional capacity.

What Are the Signs and Symptoms of Lymphoma?

- ✚ A swelling of lymph nodes that does not cause pain. Lymph nodes are groups of cells found along the path of lymphatic vessels. They filter the lymphatic fluid and remove harmful substances. The most common sites of lymph node swellings are in the neck, armpit, groin, or the abdomen.
- ✚ General symptoms can include fever, sweating, fatigue, loss of appetite, and bony pain.

What Are the Causes of Lymphoma?

- ✚ In most cases, the cause of lymphoma remains unknown.
- ✚✚ Patients with HIV (Human Immunodeficiency Virus) have a higher risk of developing lymphoma.
- ✚✚ Stomach lymphoma can be caused by an infection in the stomach called Helicobacter Pylori. This infection is sometimes found in people that have stomach ulcers.

Lymphoma Prevention:

Based on known risk factors, common sense suggests that avoidance of certain substances and situations may reduce one's risk of developing lymphoma.

✚ Avoiding Infection

Because exposure to certain communicable diseases has been linked to increased risk, it would be prudent to avoid exposure to these infections. These include diseases transmitted through exposure to bodily fluids, such as HIV/AIDS, Herpes, Hepatitis B and C, and the Epstein-Barr virus.

Diet and Healthy Weight

Diets that are high in natural antioxidants and beneficial plant compounds known as phytonutrients are associated with a decreased risk of some cancers, and lower body weight. One well-documented example of a healthful approach to nutrition is the Mediterranean diet, which emphasizes the consumption of whole grains, fresh fruits and vegetables, legumes, nuts, seeds, low-fat dairy, and limited lean protein. It excludes processed foods, added sugars, and most red meat.

Certain foods, such as green tea and the curry spice turmeric contain chemicals that may work to help prevent certain cancers. Curcumin, the active ingredient in turmeric, is poorly absorbed, so it may be necessary to consume an extract of this traditional Asian food to enhance its potential benefits.

Exercise

Evidence suggests that exercise is linked to a reduced risk of some types of cancer. Increased physical activity has been definitively linked to better health in general, including a decreased risk of several common diseases, such as type 2 diabetes, cardiovascular disease, and other forms of cancer, including breast, prostate, colorectal and endometrial cancers. Furthermore, among patients already diagnosed with—and undergoing treatment for—lymphoma, aerobic exercise has been shown to improve several outcomes, including quality of life, body weight, and mobility.

Reference Links:

-  <http://news.cancerconnect.com/september-is-national-leukemia-and-lymphoma-awareness-month-2/>
-  <http://www.cinj.org/sites/cinj/files/documents/SeptLeukemiaLymphoma13.pdf>
-  <http://www.healthline.com/health/lymphoma/prevention>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.