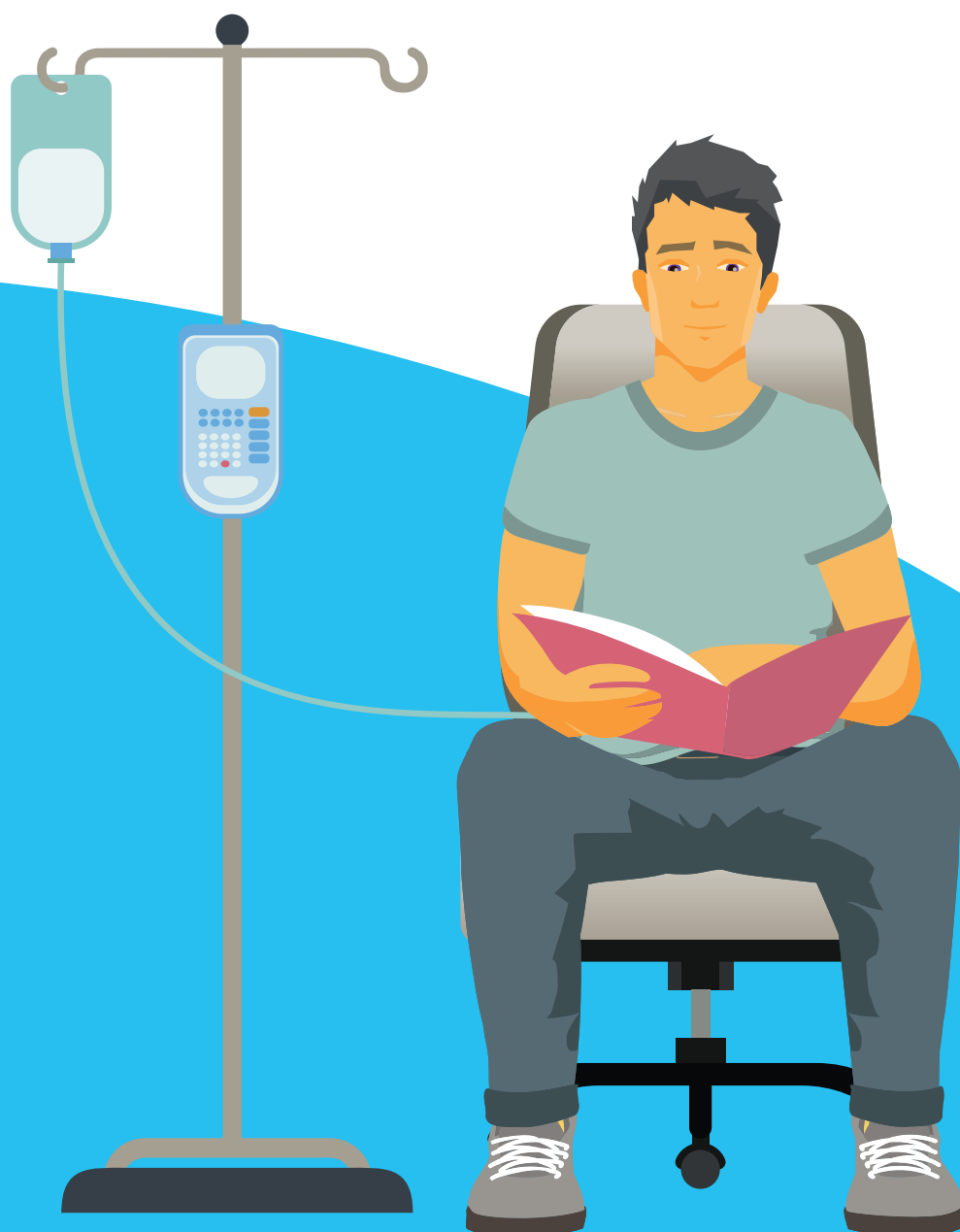


Easy Read  
version

# Treatment for lymphoma





Jake is feeling ill.

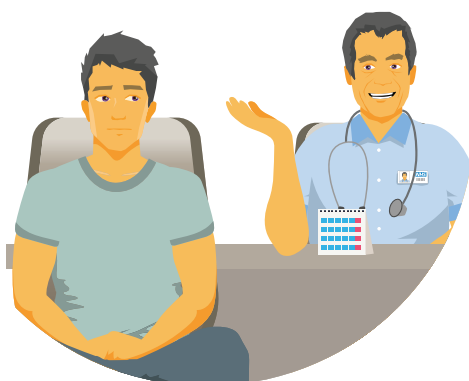
## You might need treatment for lymphoma



If you have **lymphoma** that is making you ill, you might need **treatment**.



There are lots of different treatments.



Your doctor will tell you what treatment is best for you.



You do not have to have treatment if you do not want to.



But you might get very ill if you do not have treatment when your doctor thinks you need it.

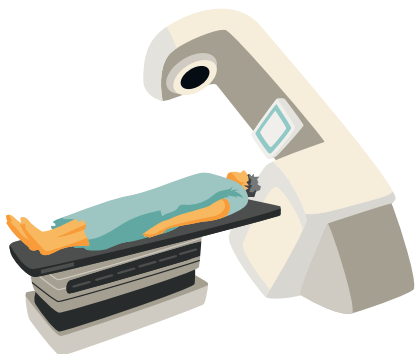


The doctor is telling Julius what treatment he needs.

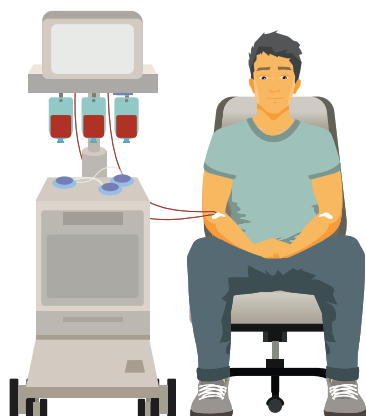
## There are lots of different treatments for lymphoma



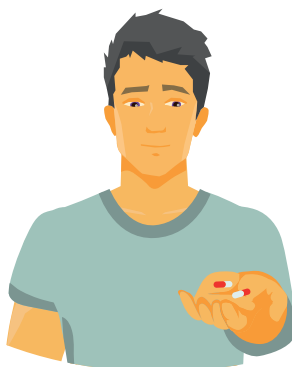
You might need strong medicine called **chemotherapy**.



You might need treatment with X-rays, called **radiotherapy**.



You might need blood treatment called a **stem cell transplant**.



You might need other types of medicine.



You might need more than 1 type of treatment.



This lady is having chemotherapy.

# You might have chemotherapy



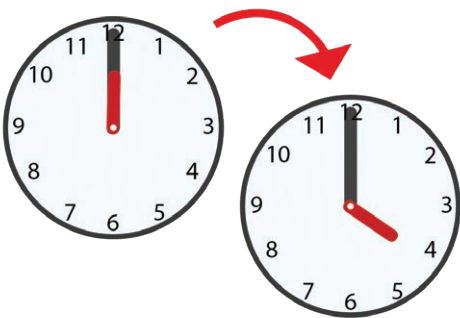
Chemotherapy is often called 'chemo' for short.



If you need chemotherapy, you have it in hospital.



You have medicine through a **drip** in your arm.



It takes a few hours.



You usually go home the same day.



This lady takes lots of tablets at home.



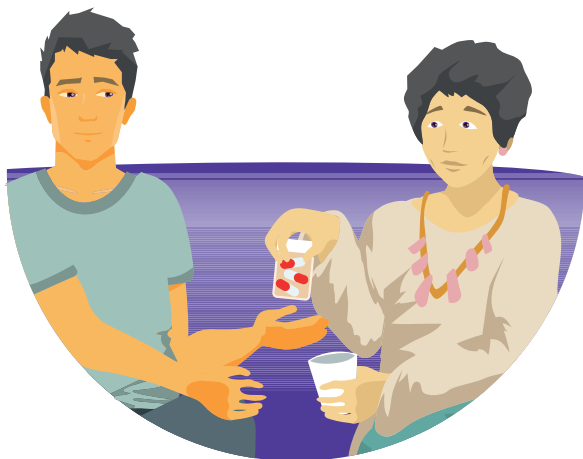
## You have chemotherapy every few weeks



You go back to hospital every few weeks for more chemotherapy.



In between, you have tablets to take at home.



You might need somebody to help you with your tablets.



This lady is having radiotherapy.

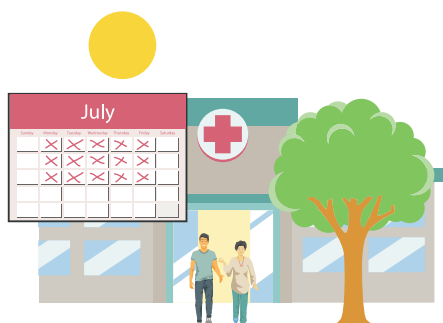
## You might need radiotherapy



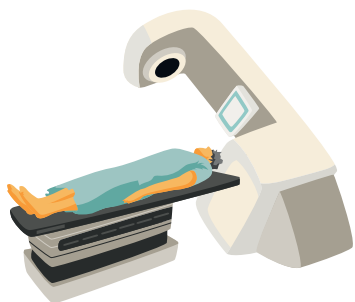
If you need radiotherapy, you have it in hospital.



You are usually at the hospital for 2 to 3 hours and then you go home the same day.



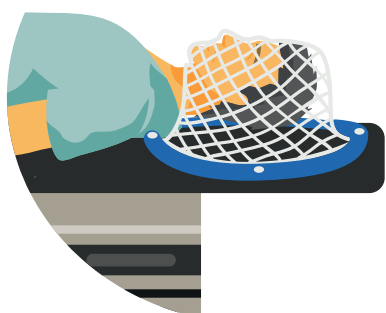
You usually have radiotherapy every day for 2 or 3 weeks.



You lie on a couch underneath a radiotherapy machine.



You might have a tiny dot tattooed on your skin to make sure you have radiotherapy in the right place.

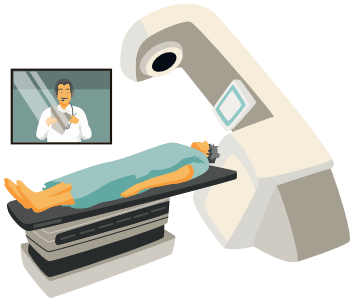


If you need radiotherapy to your head or face, you might have to wear a special mask to keep your head still.



This man is having radiotherapy.

## Radiotherapy takes a few minutes every day



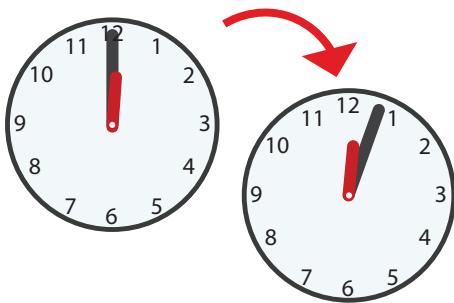
When the radiotherapy machine is switched on, everybody else has to leave the room.



But they can see you and hear you all the time.



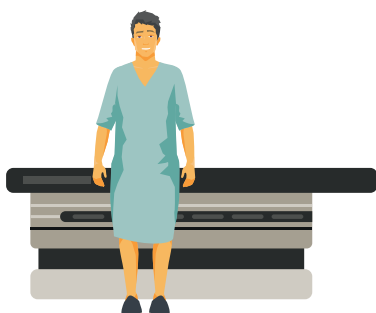
The machine might move around and make strange noises.



It only lasts 3 or 4 minutes.



You cannot feel the radiotherapy going into you.



You are usually in the radiotherapy room for about 10 minutes altogether.

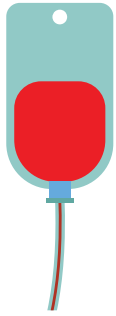


This lady is having blood taken for a stem cell transplant.

## You might need a stem cell transplant



You might need blood treatment called a stem cell transplant.



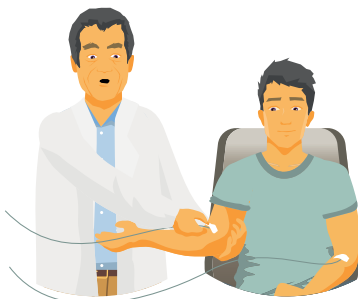
Stem cell transplants use a special part of blood.



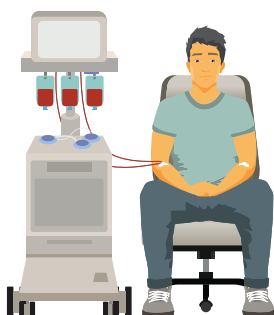
The blood might come from you or it might come from somebody else.



If the blood comes from you, you have injections every day for about a week.



Then the doctor connects you to a machine that collects your blood.



The machine keeps part of your blood and puts the rest back into you.



This man has to stay in hospital.



## You stay in hospital after a stem cell transplant



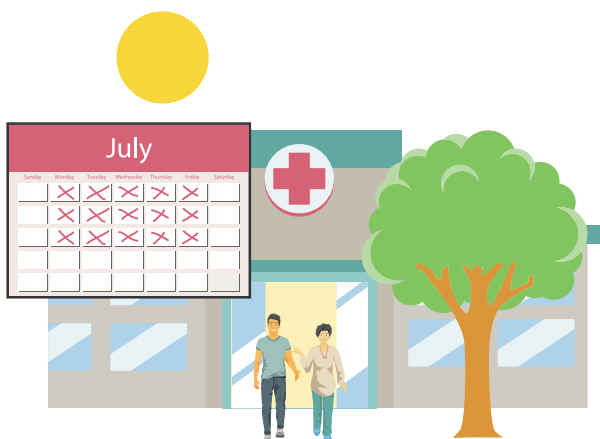
If you need a stem cell transplant, you have very strong chemotherapy or radiotherapy first.



Then you have the blood treatment through a drip.



You stay in hospital while you get stronger.



You usually go home 2 to 3 weeks after your blood treatment.



This lady is having medicine in a drip.

## You might need other medicine



You might need treatment with other medicines.



You might need medicine in a drip, tablets, or injections.



Your doctor will tell you what medicine you need and how you have it.



Ask your doctor to write down the name of your medicine.

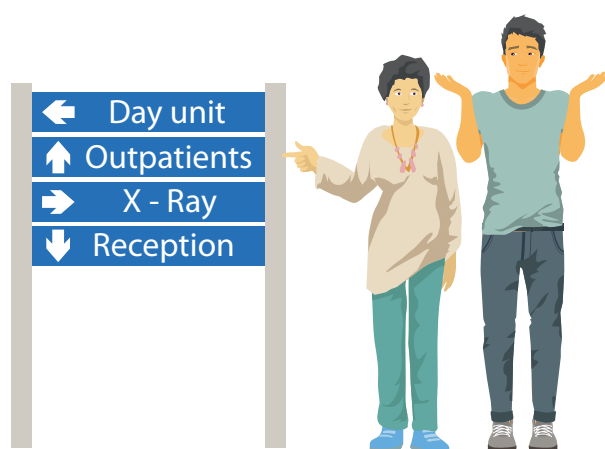


This lady has taken a friend to help her at the hospital.

## Take someone with you when you go for your treatment



Hospitals are big places.



Ask someone to go with you to help you find your way around.



They can keep you company at the hospital.

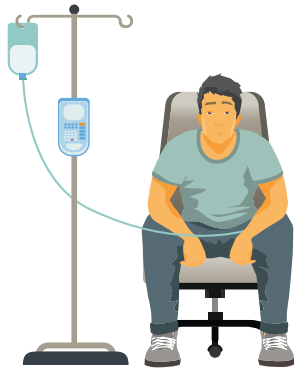


They can take you home when your treatment is finished.



This lady is reading while she has her treatment.

## Take something to do while you have your treatment



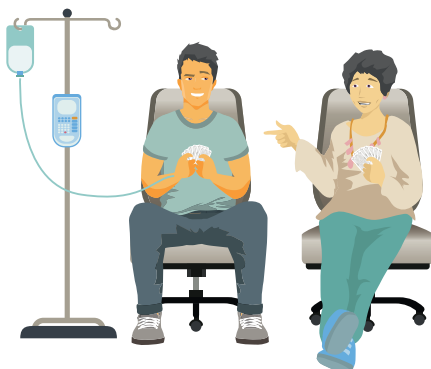
Take something to do while you have your treatment.



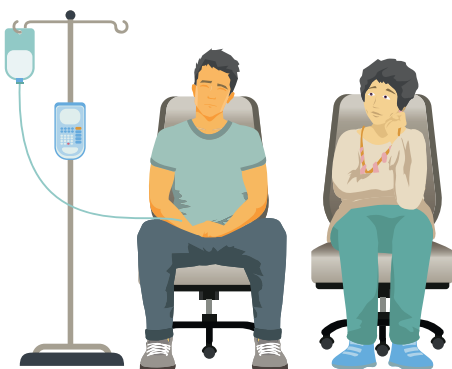
You can use your phone or tablet to play games or listen to music.



You can look at a book, a magazine or a comic.



You can play cards or do a jigsaw puzzle.



Or you can just chat or have a rest if you want to.

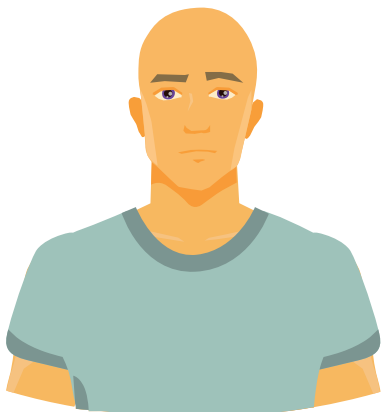
## Your treatment might make you feel ill



Treatment might make you feel worse before you feel better.



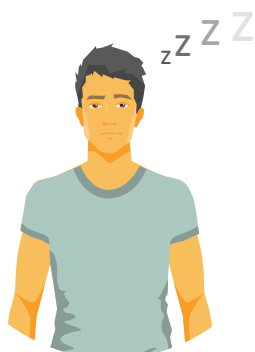
You might feel sick or be sick.



Your hair might fall out but it will grow back.



Your mouth might feel sore.



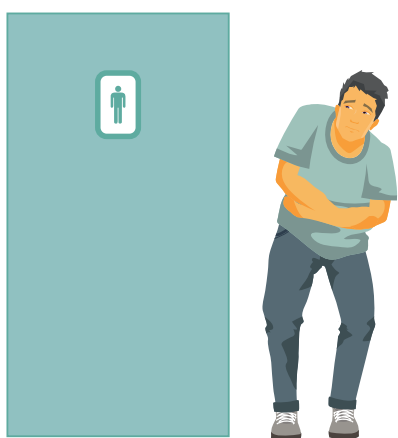
You might feel very tired.



## Treatment might make you ill in different ways



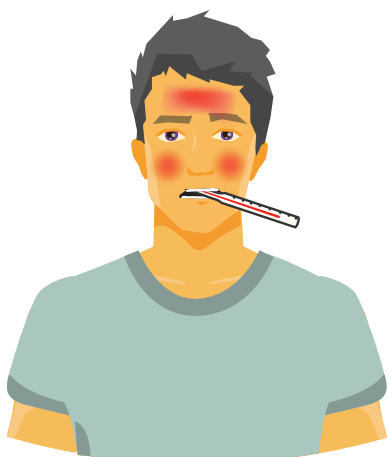
You might be very hungry or not want to eat at all.



You might have runny poo or very hard poo.



You might get more **infections** than usual.

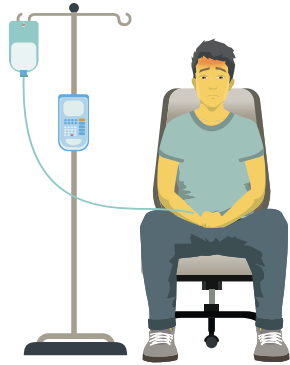


You might feel ill in other ways.



This lady's hair has fallen out.

## It might take a while to feel better



If your treatment makes you feel ill, it is called **side effects**.



Tell someone if your treatment is making you feel very ill.



Your doctor will tell you who to call.



They can give you medicine or suggest things to help you feel better.



It might take a while for you to feel better after your treatment.

**You can write notes here**

**You can write notes here**

## What the words mean

Words in **bold** might be hard to understand. This is what they mean.

**Chemo** (“keem-oh”): Short for chemotherapy.

**Chemotherapy** (“keem-oh-ther-ap-ee”): Strong medicine used to treat cancer.

**Drip**: A way of having medicine. The medicine goes in a bag connected to a thin plastic tube. The tube goes into your hand or your chest.

**Infections**: Illnesses caused by germs. You can catch infections from other people who have germs. Your body is usually good at fighting germs so they do not make you ill.

**Lymphatic** (“lim-fat-ic”) **system**: Part of your body that helps you fight off infection. It looks a bit like a roadmap inside you.

**Lymphoma** (“lim-foam-er”): A type of cancer that can make lumps grow in part of your body called your lymphatic system. If the lymphoma is deep inside you, you might not be able to feel the lumps.

**Radiotherapy** (“ray-dee-oh-ther-ap-ee”): Treatment that uses X-rays to make the lymphoma get smaller or go away.

**Side effects**: Bad effects of treatment, like sickness or your hair falling out.

**Stem cell** (“sell”) **transplant**: Treatment with a special part of blood. You have to stay in hospital to have a stem cell transplant.

**Treatment**: Medicine that makes your lymphoma go away or get smaller.

## Notes for supporters

This booklet is one of a series of Easy Reads about lymphoma. Other titles in our Easy Read series are:

- *Finding out you have lymphoma*
- *Watch and wait for lymphoma*
- *After treatment for lymphoma*

Find them all at [lymphoma-action.org.uk/Accessible-Information](http://lymphoma-action.org.uk/Accessible-Information)

Easy Read booklets are designed to be easy to understand but they might not have all the information you need to help explain lymphoma to the person you're with or to answer all their questions. If you would like more detailed information to help you understand lymphoma and its treatment, visit our website at [lymphoma-action.org.uk](http://lymphoma-action.org.uk) or call our Information and Support team on 0808 808 5555. All our publications are available to download or to order free of charge over the phone or at [lymphoma-action.org.uk/Publications](http://lymphoma-action.org.uk/Publications)

Macmillan Cancer Support also has a number of Easy Reads. Search 'easy read' at [macmillan.org.uk](http://macmillan.org.uk) to see the full range.

We hope you find this booklet useful. Please tell us what you think about it. This helps us write better information for people with lymphoma. Visit [lymphoma-action.org.uk/Book-Feedback](http://lymphoma-action.org.uk/Book-Feedback) or email [publications@lymphoma-action.org.uk](mailto:publications@lymphoma-action.org.uk).

Go to [lymphoma-action.org.uk/Legal](http://lymphoma-action.org.uk/Legal) for our disclaimer and permitted use and reproduction of this booklet. Some of the photos used in this booklet are posed by models. References are available on request.

We would like to thank our incredible donors who enable us to offer our services free of charge. If you would like to support us, please visit our website.

## Thank you

We would like to thank the following people for their assistance with this booklet:

- Prof Tim Illidge, Professor of Targeted Therapy and Oncology, Division of Cancer Sciences, University of Manchester, and Honorary Consultant Oncologist, The Christie NHS Foundation Trust, Manchester Academic Health Sciences Centre, NIHR BRC Centre.
- Dr Naomi Farrington, Advanced Nurse Practitioner in Chemotherapy & HEE/NIHR Clinical Lecturer, University Hospital Southampton & University of Southampton.
- Sees the Day, residents at Epilepsy Society and Lori Lynn, Speech and Language Therapist.

This book has been part-funded by AbbVie Ltd, The Baily Thomas Charitable Fund, the Edith Lilian Harrison 2000 Foundation, Gilead Sciences Ltd and the Shanly Foundation.

This booklet is about different treatments you might have for lymphoma. You can read it alone or with a supporter. It covers:

- what treatment is and who might have it
- chemotherapy, radiotherapy and stem cell transplant
- side effects of lymphoma treatment.

Lymphoma Action is a charity that helps people with lymphoma and their family, friends and carers. We're here for you.



Helpline freephone **0808 808 5555** (Mon to Fri, 10am to 3pm)



Email **information@lymphoma-action.org.uk**



Visit **www.lymphoma-action.org.uk**



**Live Chat** via our website (Mon to Fri, 10am to 3pm)

Lymphoma Action  
Unit 3, Bell Business Park  
Smeaton Close, Aylesbury  
HP19 8JR  
General enquiries 01296 619400

© Lymphoma Action 2019  
Content produced January 2019  
Checked by a specialist October 2021  
Next revision before October 2024  
ISBN 978-0-9957186-7-7

**Inform | Support | Connect**

Registered company in England and Wales (03518755). Registered charity in England and Wales (1068395) and Scotland (SCO45850). LYM0254ERTreatment2019v1

✓	Evidence-based
✓	Approved by experts
✓	Reviewed by users