

Easy Read  
version

# Finding out you have lymphoma





Louize has lymphoma.

## Being told you have lymphoma can be scary



It can be scary to find out you have **lymphoma**.



You might feel upset or frightened.



Your doctor might use words you have not heard before.



Ask if you do not understand what your doctor is telling you.

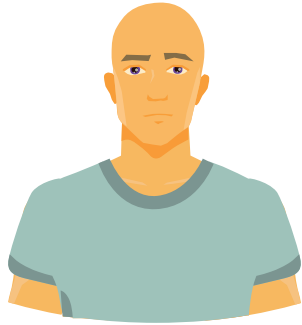


Or ask your supporter to help explain.



This man has a lump on his neck. It is lymphoma.

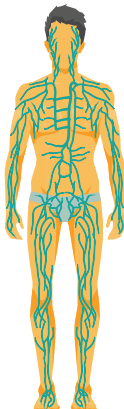
# Lymphoma is an illness



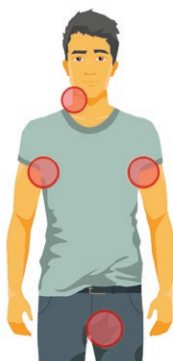
Lymphoma is a type of **cancer**.



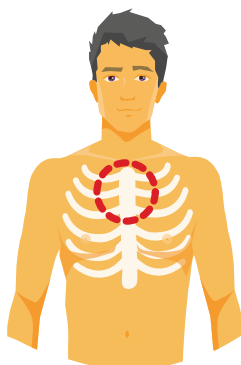
It happens when tiny parts of your blood called **lymphocytes** grow out of control.



Lymphoma usually happens in the part of your body called your **lymphatic system**.



It can make lumps grow in your body.



You might be able to feel a lump or it might be deep inside your body where you cannot feel it.



Anybody can get lymphoma.



## Anybody can get lymphoma



Nobody knows why some people get lymphoma.



Men or women can get lymphoma.



Young people or older people can get lymphoma.



People of any race or religion can get lymphoma.



You did not do anything wrong.



You did not catch lymphoma from anybody and you cannot give it to anybody else.



Leo has a type of lymphoma called non-Hodgkin lymphoma.



## There are different types of lymphoma



There are lots of different types of lymphoma.



Different types of lymphoma need different **treatments**.



Your doctor will tell you which type you have.

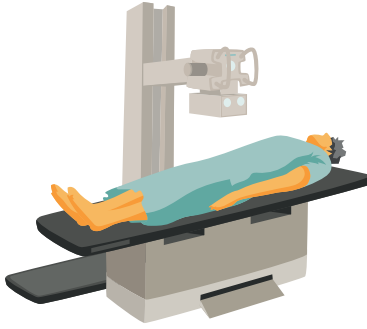


Take someone to the doctor's with you to help you remember what they say.

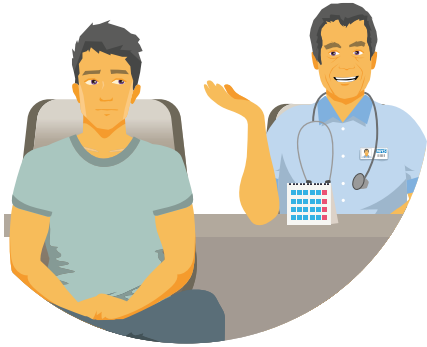


This man is having a test called a **CT scan**.

# You might need tests to work out the best treatment for you



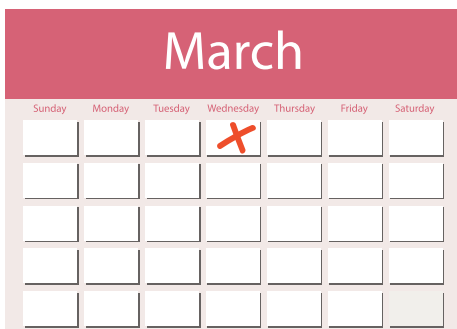
You might need more tests to find out what treatment is right for you.



Your doctor tells you what tests you need.



You go to hospital for your tests but you usually go home the same day.



Your test results might take a few weeks to come back.



You go to see your doctor to find out the results.



This lady is having strong medicine to kill the cancer.

## There are lots of different treatments for lymphoma



You might not need treatment if your lymphoma is not making you feel ill.



You might just need regular check-ups with your doctor.



Or you might need treatment to help you feel better or make the lymphoma go away.



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.



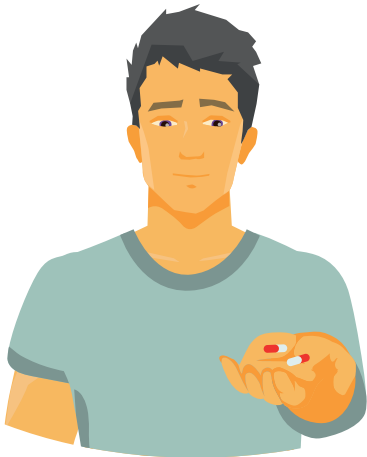
This lady is having X-ray treatment called **radiotherapy**.



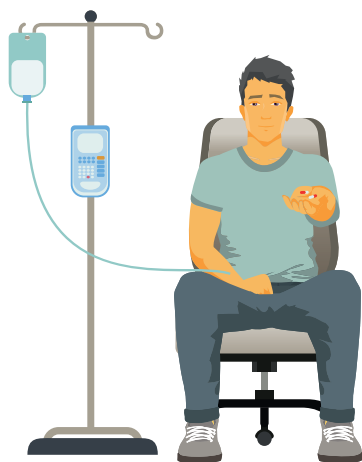
## You might have more than 1 treatment



You might need to have injections at the hospital.



You might need to take tablets.



You might need more than 1 type of treatment.



Ask your doctor if you have any questions about your treatment.



Rose is feeling well.

## You might feel well or you might feel ill



Some people with lymphoma feel fine.



Some people with lymphoma feel ill.



Treatment can also make you feel ill.



But your doctor can give you medicine to help.



Ask your doctor to explain how your treatment might make you feel.



Jake feels ill.

## You might feel ill in lots of different ways



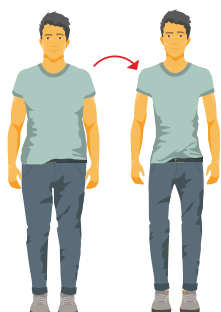
You might feel very tired.



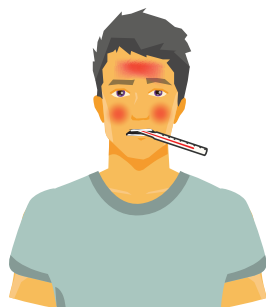
You might sweat so much at night that your bed sheets get soaked through.



Your skin might be very itchy.



You might get thinner.



You might feel hot or cold and shivery.



You might feel ill in other ways.



Joan feels very tired.



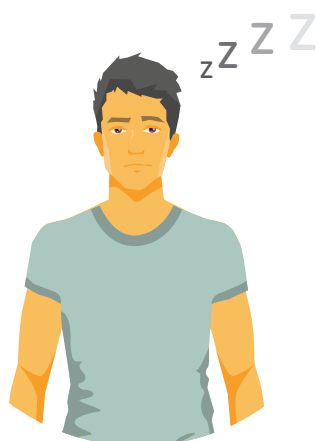
## It might take a while to feel better



Some types of lymphoma go away completely after treatment.



Some types of lymphoma get better but not all the lymphoma goes away.



It might take a few months to feel better after your treatment ends.



You will need to see your doctor for regular check-ups.

## What the words mean

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

**Cancer:** An illness that happens when the tiny parts that make up your body (cells) grow out of control.

**Cells** (“sells”): The building blocks your body is made of. Cells are tiny and can only be seen under a microscope. There are lots of different cells in your body. They include red blood cells and white blood cells.

**CT scan:** A test that uses X-rays and a computer to take pictures of the inside of your body. CT scans do not hurt.

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

**Lymphocytes** (“lim-foe-sites”): White blood cells that fight infections. Lymphocytes grow out of control when you have lymphoma.

**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.

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

## Notes for supporters

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

- *Watch and wait for lymphoma*
- *Treatment 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).

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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

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This booklet is about what happens when you find out you have lymphoma. You can read it alone or with a supporter. It covers:

- being told you have lymphoma
- what lymphoma is
- treatment for lymphoma
- how you might feel if you have lymphoma.

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)

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