

About lymphoma

Easy Read edition



Thank you

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The illustrations in this book are by Malachi Richking at Formidable Season Ltd.

About this book

If you or someone you know has been diagnosed with lymphoma, this book is for you. We hope it helps you understand a bit about lymphoma.

We have lots more information and resources on our website at www.lymphoma-action.org.uk

We also have another Easy Read book: *Lymphoma treatment and living well*.

If you are supporting someone else with their lymphoma diagnosis and would like help explaining it to them, you might find our Helpline services useful (see page 15).

If you have a learning disability, you can ask your doctor or nurse if there is a Learning Disability Nurse to help you understand the information in this book. Mencap have more information about Learning Disability Nurses and a book about how they could help you. Visit www.mencap.org.uk to find out more.



What is lymphoma?

Lymphoma is a type of cancer. It happens when tiny parts of your blood (called lymphocytes) grow out of control. This can cause lumps in your body.



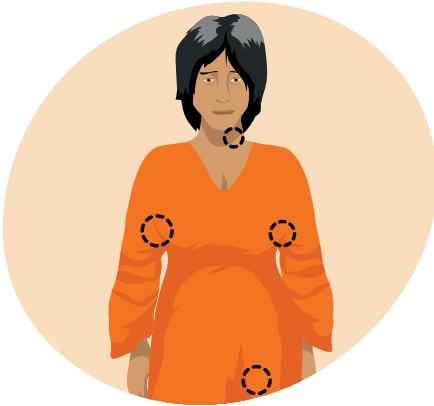
Usually, this type of cancer happens in part of your immune system. Your immune system fights germs and illnesses, such as colds.



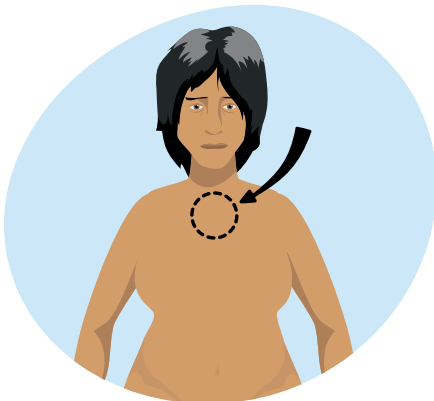
Anyone can get lymphoma.



No one really knows why some people get this type of cancer. There is nothing you did to get it. You can't pass it on to anyone else.



This type of cancer can make lumps grow in your body. Usually, these lumps are in your neck, under your arms, or at the top of your legs. Usually, they don't hurt.



Sometimes, the lumps are deeper inside your body so you can't see or feel them.



If you have lymphoma

You might feel ill.
You might feel very tired.



You might sweat a lot
in bed.



Your skin might be
very itchy.



You might get thinner even though you are not trying to.



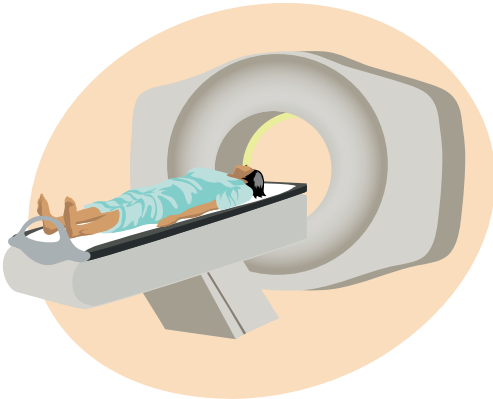
You might feel very hot. Or you might feel shivery and cold.



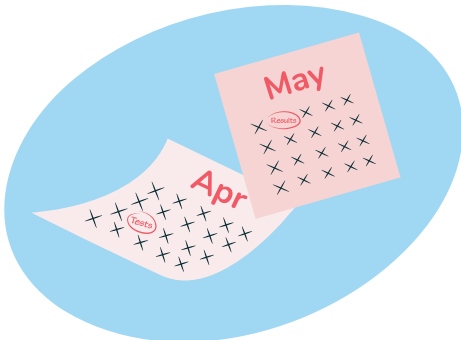
But some people don't feel ill at all.



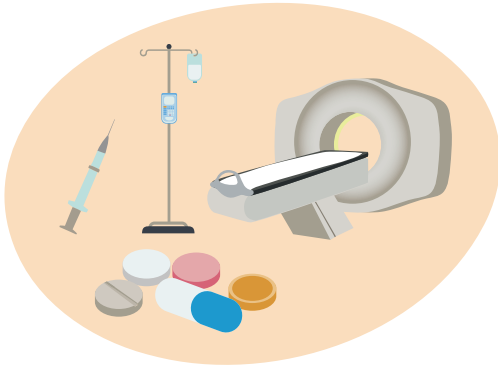
Your doctors do tests to find out which type of lymphoma you have.



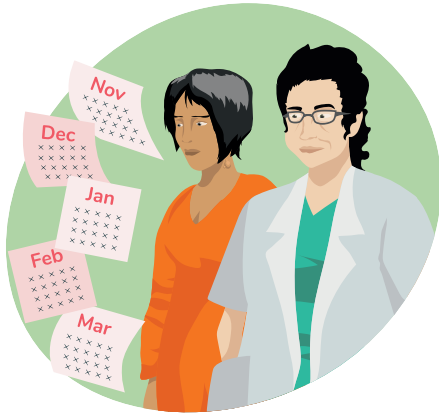
To help them, they also use scan machines to look inside your body. These don't hurt. You can go home the same day.



Your doctor will tell you about anything you should or shouldn't do after having your scan. For example, with some scans, it is not safe to be around pregnant women for 6 hours after having a scan. It can take a few weeks for the scan results to be sent to your doctor.



Different types of lymphoma need different treatments (medicines). Your doctors will work out the best type of treatment for you.



Sometimes, people don't need treatment straightaway, especially if the lymphoma is not making them feel ill. This is called 'active monitoring' or 'watch and wait'.



You can take someone with you when you go to see your doctor or nurse.



Ask your doctor or nurse any questions you want to. They might use words you don't understand. You can ask them to explain what the words mean. If you take someone with you, they can help you to understand the information you are given too.



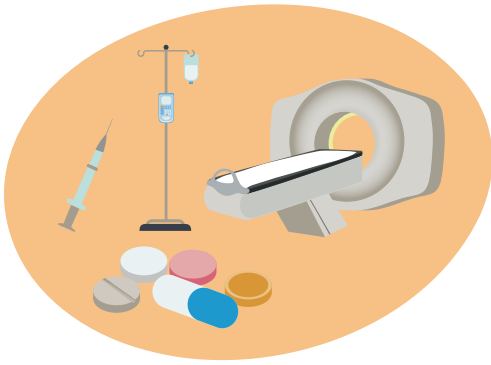
You might feel scared or upset to know that you have lymphoma.

There are lots of people to help you.



Lymphoma treatment

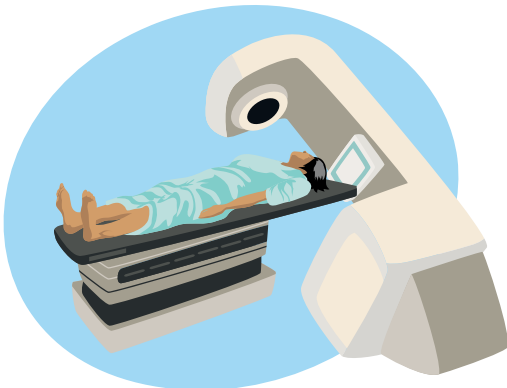
Treatment can help to get rid of your lymphoma or make it smaller.



You might have more than one treatment.



You might have chemotherapy. This is a strong medicine to help kill the lymphoma.



You might have radiotherapy. This is a type of X-ray to help make the cancer smaller or go away.



You might have other treatments to help protect you from other illnesses or to stop you from feeling sick.



How you might feel

You might feel well during treatment. But there might be times when you do not feel well.

Some people feel sick and tired.



If you feel ill, your doctor or nurse can help you to feel better.



You might feel worried or upset.

Ask your nurse how they can help you.

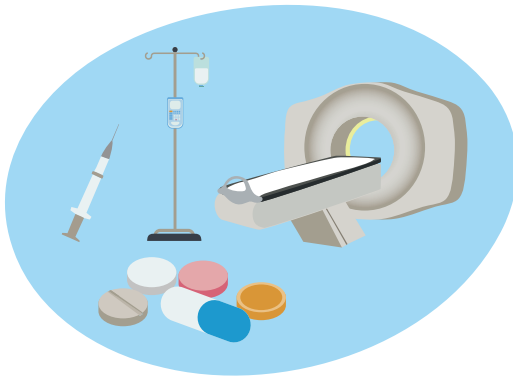


After treatment

It can take a while to feel better after treatment.



Some types of lymphoma go away.



Sometimes, some of the lymphoma does not go away and you might need more treatment.



You might have to go to hospital for a scan to check whether the lymphoma has gone away or got smaller. This is where a machine takes a picture of the inside of your body.



After your treatment, your doctors and nurses will check your health and how you are feeling. Remember that they will still be there to help you after you finish treatment.

Information and support

If you or someone you love is affected by lymphoma, we're here for you. Find out more about our support services, which are free to access – visit our website at www.lymphoma-action.org.uk/support



Helpline: a free helpline available Monday to Friday, 10am to 3pm on 0808 808 5555, or use Live Chat on our website.



Online Support Meetings: a safe place to connect with others affected by lymphoma.



Closed Facebook Group: our UK-wide group is for anyone affected by lymphoma.



Buddy Service: support from someone with similar lived-experience of lymphoma.



Preparing for Treatment Service: online support and information to help you prepare for treatment.



Live your Life: for people who have just finished treatment or are on active monitoring (watch and wait), to help you live well.

For our latest news and updates, follow us on social media



@lymphomaaction



lymphoma_action

We have lots of other resources including:

- *Lymphoma treatment and living well* book (Easy Read edition)
- *Introduction to lymphoma* book
- Video animations about lymphoma.

Find our full range of books and information at www.lymphoma-action.org.uk/Books or call us on 0808 808 5555.

References

The full list of references is available on request. Please email publications@lymphoma-action.org.uk or call 01296 619400 if you would like a copy.

Our information is evidence-based, approved by experts and reviewed by users. We have been awarded the PIF TICK – the UK’s only assessed quality mark for printed and online health and care information. By keeping up-to-date with latest developments, we ensure that our information stays relevant and reflects current practice. Learn more at www.lymphoma-action.org.uk/HealthInfo



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We are always trying to improve our resources and are interested in any thoughts you might have about this book.

If you would like to tell us what you think, you could:

- visit our website at www.lymphoma-action.org.uk/BookFeedback
- email us at publications@lymphoma-action.org.uk
- scan the QR code to go to a short online survey
- call our Information and Support Team on 0808 808 5555.



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If you would like to find out more about Lymphoma Action, what we do and how you can get involved, you can visit our website: www.lymphoma-action.org.uk

We have written this book in a simple way with pictures to help explain:

- what lymphoma is
- how doctors can tell if you have lymphoma
- what happens if you are diagnosed with lymphoma.

You might find it helpful if you want short, basic information about lymphoma.

This book can be helpful for people with mild to moderate learning difficulties – to read alone or with someone such as a carer or family member.

You might also find it useful if English is not your first language.



Freephone helpline **0808 808 5555**
(Monday to Friday, 10am to 3pm)



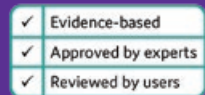
information@lymphoma-action.org.uk



www.lymphoma-action.org.uk



Live Chat via our website
(Monday to Friday, 10am to 3pm)



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