

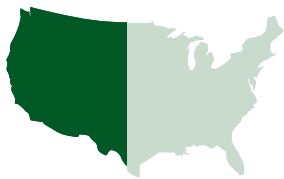
# About Indolent Non-Hodgkin's Lymphoma

Non-Hodgkin's lymphoma (NHL) is a cancer that starts in white blood cells called lymphocytes, **which are part of the body's immune system.**<sup>1</sup> Types of NHL can be grouped by how fast they grow and spread.<sup>1</sup>

**Indolent NHL is a slow-growing type of NHL.**<sup>1</sup> Common subtypes of indolent NHL include follicular lymphoma (FL) and marginal zone lymphoma.<sup>2</sup>

## Frequency and Risk Factors

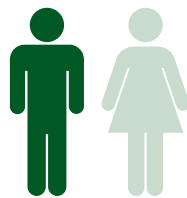
NHL is one of the most common cancers in the U.S.<sup>3</sup>



and indolent NHL represents **~40%** OF ALL CASES<sup>4</sup>

Several factors can contribute to a person's chance of getting NHL, including age, gender and family history.<sup>5</sup>

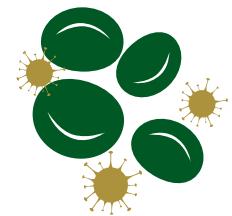
Overall, more common in men than women<sup>5</sup>



Most cases occur in people

**60**  
AND  
OLDER<sup>5</sup>

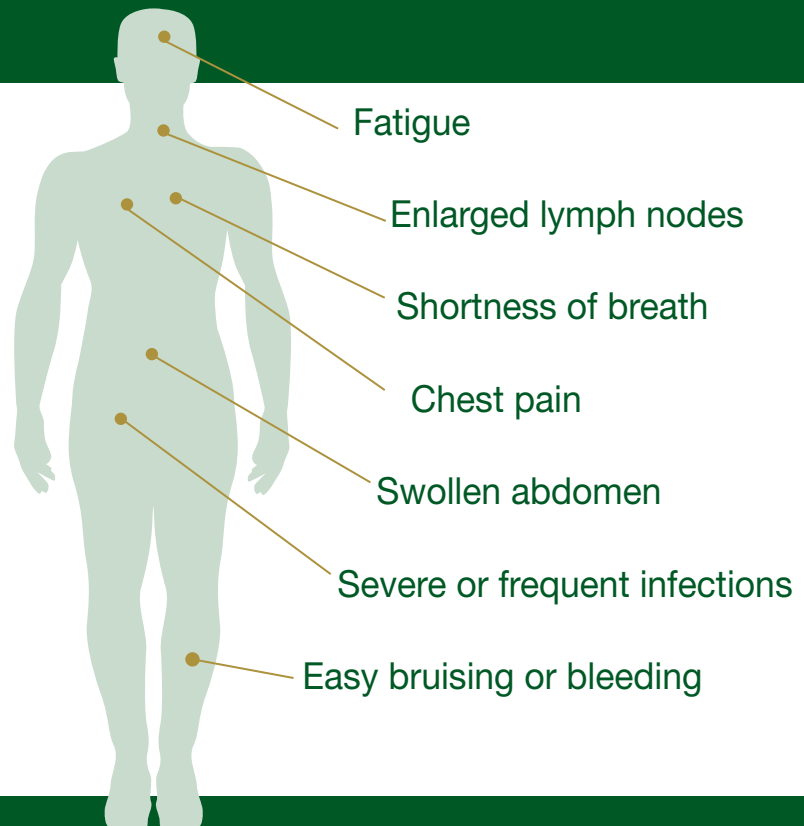
People with a weakened immune system or autoimmune disease are at greater risk<sup>5</sup>



## Symptoms

**NHL affects the body's immune system,** which helps fight infections and some other diseases, including cancer.<sup>1</sup>

Common signs and symptoms of NHL can be associated with less serious diseases.<sup>6</sup>



## Diagnosis

Common tests used to diagnose NHL and determine how advanced the disease is include:<sup>7</sup>



Review of medical history and physical exam



Biopsy



Imaging tests such as X-rays, CT, MRI and PET scans



Blood tests

## Treatment

Treatment for indolent NHL ranges from observation with careful monitoring, known as “watch and wait,” to aggressive therapy.<sup>4</sup> Determining a treatment approach is complex and based on multiple factors including **prognostic factors, stage of disease, age and other medical conditions.**<sup>4</sup>

Depending on these factors, treatment options may include:<sup>8</sup>



Chemotherapy



Immunotherapy



Targeted Therapies



Radiation Therapy



Stem Cell Transplant

## Prognosis

While the overall five-year survival rate for NHL is 71% on average and can be as high as 95% for certain types of indolent and/or localized, survival rates vary widely for different types and stages of lymphoma.<sup>9</sup> Prognostic factors include age, stage of cancer, blood hemoglobin levels, number of lymph nodes affected and serum lactate dehydrogenase (LDH) levels.<sup>9</sup>

Many patients with indolent NHL initially achieve good responses but experience multiple relapses that require several rounds of treatment.<sup>10</sup> Durability of responses has typically been shown to diminish with each line of therapy.<sup>10</sup>

Ongoing research is being conducted to better understand the mechanisms behind indolent NHL, such as the role of the immune system, with the hope of developing more targeted therapies to ultimately improve the lives of patients with these diseases.

<sup>1</sup> American Cancer Society. What is non-Hodgkin lymphoma? Available at: <https://www.cancer.org/cancer/non-hodgkin-lymphoma/about/what-is-non-hodgkin-lymphoma.html>. Accessed November 2019.

<sup>2</sup> Leukemia and Lymphoma Society. Non-Hodgkin lymphoma. Available at: [https://www.lls.org/sites/default/files/file\\_assets/PS58\\_NHL\\_5.18FINAL.pdf](https://www.lls.org/sites/default/files/file_assets/PS58_NHL_5.18FINAL.pdf). Accessed November 2019.

<sup>3</sup> American Cancer Society. Key statistics for non-Hodgkin lymphoma. Available at: <https://www.cancer.org/cancer/non-hodgkin-lymphoma/about/key-statistics.html>. Accessed November 2019.

<sup>4</sup> Leukemia and Lymphoma Society. Treatment for indolent NHL subtypes. Available at: <https://www.lls.org/lymphoma/non-hodgkin-lymphoma/treatment/treatment-for-indolent-nhl-subtypes>. Accessed November 2019.

<sup>5</sup> American Cancer Society. Non-Hodgkin lymphoma risk factors. Available at: <https://www.cancer.org/cancer/non-hodgkin-lymphoma/causes-risks-prevention/risk-factors.html>. Accessed November 2019.

<sup>6</sup> American Cancer Society. Signs and Symptoms of Non-Hodgkin Lymphoma.

Available at: <https://www.cancer.org/cancer/non-hodgkin-lymphoma/detection-diagnosis-staging/signs-symptoms.html>. Accessed November 2019.

<sup>7</sup> American Cancer Society. Tests for Non-Hodgkin Lymphoma.

Available at: <https://www.cancer.org/cancer/non-hodgkin-lymphoma/detection-diagnosis-staging/how-diagnosed.html>. Accessed November 2019.

<sup>8</sup> American Cancer Society. Non-Hodgkin lymphoma treatment. Available at: <https://www.cancer.org/cancer/non-hodgkin-lymphoma/treating.html>. Accessed November 2019.

<sup>9</sup> American Cancer Society. Survival Rates and Factors That Affect Prognosis (Outlook) for Non-Hodgkin Lymphoma.

Available at: <https://www.cancer.org/cancer/non-hodgkin-lymphoma/detection-diagnosis-staging/factors-prognosis.html>. Accessed November 2019.

<sup>10</sup> Chao MP. Treatment challenges in the management of relapsed or refractory non-Hodgkin's lymphoma – novel and emerging therapies. *Cancer Management and Research*. 2013;5:251-269.

