



## Hodgkin's Lymphoma



Hodgkin's lymphoma is a type of cancer that affects part of the immune system, the lymph system. Cells normally found in the lymph nodes and spleen can increase in number and collect in areas where they cause problems.

Hodgkin's lymphoma, also called Hodgkin's, affects men more often than women. It is not contagious. Doctors do not know what causes the disease.

Symptoms include enlargement of the lymph nodes, fever, appetite loss, weight loss, and night sweats.

### How is Hodgkin's lymphoma treated?

Treatment for Hodgkin's depends on the stage of the lymphoma and what type of lymphoma you have. It is usually treated with medicines called chemotherapy. You may also need radiation treatments or a procedure called a bone marrow transplant. Your doctor will talk with you about what kind of treatment may be best for you.

### How can you care for yourself at home?

You can take steps to help yourself feel better during treatment:

- Call your doctor if you are having a problem with your medicine.
- If you have pain, talk with your doctor about making a pain control plan.
- If you are vomiting or have diarrhea, drink plenty of fluids to prevent dehydration.
  - Choose water and other caffeine-free clear liquids. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
  - When you are able to eat, try clear soups, mild foods, and liquids until all symptoms are gone for 12 to 48 hours.

### Keep your strength up

Fatigue is common with cancer treatment. But staying active and eating well before, during, and after your treatment may help you have more energy.

- Get some physical activity every day. Ask a friend to take a walk with you.
- Eat healthy foods. Foods with protein and extra calories can help you stay strong and prevent weight loss. Try liquid meal replacements.
- Eat smaller meals more often, or eat your main meal early.

### Deal with your emotions

Feeling anxious is a normal reaction to cancer. Do things to help reduce your stress.

- Get enough sleep, and eat a healthy diet.
- Share your feelings with a friend, or join a support group.

- Take time to do activities and hobbies you enjoy. Or try something new, like painting or listening to music.
- Let your doctor know if you feel discouraged or down. If you are depressed, your doctor can help with treatment.
- Learn all you can about Hodgkin's lymphoma. Call the **American Cancer Society** (1-800-227-2345) or visit its Web site at [www.cancer.org](http://www.cancer.org).

### **Prepare an advance directive**

Talk to your doctor about an advance directive, which includes a living will and a medical power of attorney. In a living will, you describe the

kind of care you want if something happens to you and you cannot speak for yourself. In a medical power of attorney, you choose a person to make medical decisions for you if you cannot speak for yourself. Be sure to share your wishes with your family or close friends.

You can get forms from **Caring Connections** ([www.caringinfo.org](http://www.caringinfo.org) or 1-800-658-8898) or **Aging With Dignity** ([www.agingwithdignity.org](http://www.agingwithdignity.org) or 1-888-594-7437).