

## September is Leukemia and Lymphoma Awareness Month

### What is leukemia?

Leukemia is a cancer of the white blood cells which help fight infection. It is caused by the uncontrolled growth of these cells. Leukemia starts in the bone marrow, which is the spongy part inside the bones where blood cells are made. The cancer cells spread to the blood that circulates in the arteries and veins.

### What are the key statistics about leukemia?

- In the US, about 59,610 people will be diagnosed with leukemia in 2023.
- About 23,710 people are expected to die from leukemia this year.
- Leukemia is one of the most common blood cancer diagnosed in adults and in children.

### What are the types of leukemia?

- Based on the time it takes one to develop the disease, leukemia has two forms, acute and chronic leukemia.
- Acute leukemia begins over a short period of time. In acute leukemia, there is a fast growth of immature cells in the bone marrow and peripheral blood.
- Chronic leukemia develops over a longer period of time. Compared to acute leukemia, it has more mature cells in the bone marrow and peripheral blood.
- Based on the **type of blood cells**, leukemia is divided into lymphocytic and myeloid leukemia.

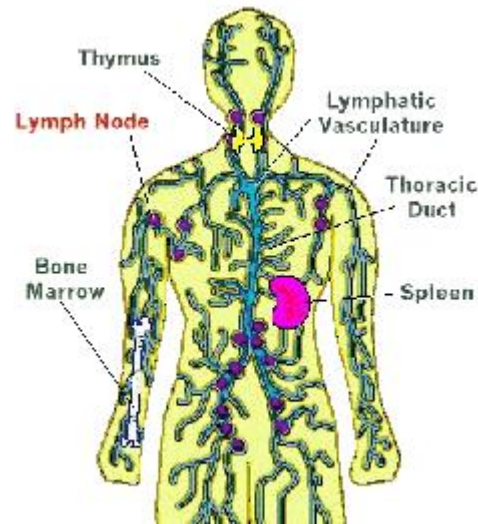
### What are the signs and symptoms of leukemia?

- Fatigue
- Paleness
- Weight loss
- Repeated infections
- Fever
- Bleeding or bruising easily
- Joint pain
- Swelling

### What are the risk factors of leukemia?

- Prior chemotherapy or radiation therapy

### Lymphatic System



- Exposure to certain chemicals such as benzene
- Cigarette smoking

### **What is lymphoma?**

Lymphoma is a group of cancers that begin in the lymphatic system. The function of the lymphatic system is to drain excess tissue fluid called lymph. The lymphatic system also contains blood cells known as lymphocytes, which are important in fighting infection. Lymphoma is the uncontrolled growth of lymphocytes.

### **What are the key statistics about lymphoma?**

In the US, about 89,380 people will be diagnosed with lymphoma. About 80,550 are expected to have the Non-Hodgkin's type and about 8,830 for the Hodgkin's type of lymphoma. Approximately 21,080 people will die of the disease this year.

### **What are the types of lymphoma?**

There are two types of lymphoma - **Non-Hodgkin's** and **Hodgkin's lymphoma**:

- Non-Hodgkin's lymphoma is the most common type of lymphoma and is divided into many groups of lymphatic cancers.
- Hodgkin's lymphoma is identified by the presence of cells that can be seen under the microscope, called the Reed-Sternberg cell. About 10% of all lymphomas are the Hodgkin's type.

### **What are the signs and symptoms of lymphoma?**

- Swollen lymph nodes in the neck, underarm or groin
- Chest pain
- Shortness of breath
- Abdominal fullness
- Loss of appetite
- Itching
- Night sweats
- Fatigue
- Unexplained weight loss
- Intermittent fever

### **What are the risk factors of lymphoma?**

- Severely altered immune functions such as in people who receive immune suppressants or who have certain autoimmune disorders
- Certain infectious agents such as Epstein-Barr virus, HIV, hepatitis C virus, Helicobacter pylori
- Excess body weight
- Certain environmental exposures

### **Cancer Prevention Trials at Rutgers Cancer Institute of New Jersey**

If you would like information about clinical trials for preventing cancer, please call Rutgers Cancer Institute of New Jersey's Office of Human Research Services at 732-235-7356. For additional information about nationwide cancer prevention trials, you can call the National Cancer Institute at 1-800-4 CANCER or visit their website at [www.cancer.gov](http://www.cancer.gov).

## **Where Can I Find Further Information?**

The Resource and Learning Center

732-235-9639

[www.cinj.org/rlc](http://www.cinj.org/rlc)

Provides reliable, relevant and current information about all aspects of cancer.

Leukemia and Lymphoma Society

(914) 949-5213

[www.lls.org](http://www.lls.org)

Lymphoma Research Foundation

(212) 349-2910

[www.lymphoma.org](http://www.lymphoma.org)

National Cancer Institute

1-800-4-CANCER

[www.cancer.gov](http://www.cancer.gov)

The American Cancer Society

1-800-ACS-2345

[www.cancer.org](http://www.cancer.org)



RLC website QR code.  
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