



DOCTOR DISCUSSION GUIDE

Managing Mantle Cell Lymphoma

Mantle cell lymphoma is a cancer of the lymph nodes and white blood cells (WBCs). If you are diagnosed with mantle cell lymphoma, you'll need to maintain close medical follow-up during and after your treatment. Asking the right questions during conversations with your medical team will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms to help facilitate those discussions.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Lymphoma	A type of cancer in which there are too many WBCs in the lymph nodes. Lymphoma is often characterized by lymph node swelling and dysfunctional WBCs.
Lymphocyte	A special type of WBC that helps fight infections and contributes to immunity. Lymphocytes include B-cells and T-cells. Mantle cell lymphoma is a B-cell lymphoma.
Lymph Node	The body has many small nodes where WBCs are stored. Lymph nodes can become enlarged and swollen with an oversupply of WBCs when a person develops lymphoma.
Mantle Zone	The outer region of a lymph node is called a mantle zone, and it contains B-cell lymphocytes. In mantle zone lymphoma, cancer cells are located in the mantle zone.
Biopsy	A biopsy is a sample of tissue that is removed surgically or with a needle. The sample is examined under a microscope to help in diagnosis of disease, especially cancer.
Chemotherapy	Chemotherapy is a powerful medication that is used to destroy cells that are actively reproducing in the body. Chemotherapeutic medication destroys cancer cells and also can affect normal cells, resulting in side effects such as hair loss and stomach upset.
Immunotherapy	Medications that are used to encourage a person's own immune system to fight diseases such as cancer are described as immunotherapy. Immunotherapy is sometimes used along with chemotherapy in the treatment of mantle cell lymphoma.
Targeted Therapy	Targeted therapy is designed to be focused on destroying specific types of cancer cells and can have fewer side effects than chemotherapeutic medications that are used to treat many different types of cancer. Sometimes, targeted therapy is used for treatment of mantle cell lymphoma.



Questions to Ask

These questions can help guide you as you discuss your concerns with your medical team.

About Symptoms

- Are there any specific signs that I should look out for in case my condition is worsening?
- Can mantle cell lymphoma predispose me to infections?

About Causes & Risk Factors

- Are there any medications I should avoid to prevent a recurrence or relapse?
- Are there any risk factors or activities that could predispose me to a recurrence?

About Diagnosis

- Do I need to have a genetic test to verify my diagnosis?

About Treatment

- Will I need to have repeated biopsies or imaging tests to monitor my treatment?
- How will I know if I need to change my medication?
- Would I benefit from a bone marrow transplant?

About Coping

- Can I use medication to help control my fevers and night sweats?
- Is there anything I can do to reduce swelling of my lymph nodes?

About Living With Mantle Cell Lymphoma

- Does mantle cell lymphoma affect my ability to tolerate certain foods?
- Can I continue to work?
- Should I limit my physical activities?
