



## DOCTOR DISCUSSION GUIDE

# Managing Waldenström's Macroglobulinemia

Waldenström's macroglobulinemia is a rare type of white blood cell (WBC) cancer that affects adults. Asking the right questions during conversations with your doctor will help you know what to expect and how to better navigate this condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

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

<b>Lymphoplasmacytic Lymphoma</b>	Another name for Waldenström's macroglobulinemia. The name lymphoplasmacytic lymphoma describes the fact that the cancer cells that develop in this condition are lymphocytes (a subtype of WBCs) and that the cancer affects the lymph nodes.
<b>Lymph Node</b>	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.
<b>B-cell Lymphocyte</b>	B-cells, which are also called lymphocytes, are a type of immune cells that help fight infections such as bacteria. In Waldenström's macroglobulinemia, there is an overproduction of B-cells.
<b>Bone Marrow</b>	The center of skeletal bones is a soft area of bone marrow where blood cells are formed. B-cell lymphocytes are produced in the bone marrow.
<b>Bone Marrow Biopsy</b>	A biopsy is an invasive diagnostic examination that involves taking a sample of the developing cells from the bone marrow. The sample is examined with a microscope, usually to help identify cancer.
<b>Anemia</b>	A low red blood cell count (RBC) or diminished red blood cell function is described as anemia. In Waldenström's macroglobulinemia, the overproduction of B-cell lymphocytes in the bone marrow interferes with production of RBCs, leading to anemia.
<b>Immunoglobulin (IgM)</b>	A protein that is normally produced by B-cells, IgM is produced in excess in Waldenström's macroglobulinemia. This can cause an effect described as hyperviscosity of the blood, meaning that it is essentially too thick. IgM is also called a macroglobulin.
<b>Plasma Cell</b>	A plasma cell is a type of B-cell that actively fights infections by producing antibodies. In Waldenström's macroglobulinemia, plasma cells produce excessive IgM antibodies.
<b>Lymphoplasmacytoid Cell</b>	One of the microscopic features of Waldenström's macroglobulinemia is the presence of lymphoplasmacytoid cells, which are somewhat similar to plasma cells.

