

# Cancer<sub>o</sub>Net™ Bulletin

Trusted cancer information from the American Society of Clinical Oncology

**THIS MONTH ON CANCER.NET:** Choosing lumpectomy or mastectomy to treat breast cancer, stories from clinical trials participants, cancer and the summer months, becoming a cancer advocate, and much more!

July 2009

✉ FORWARD TO A FRIEND >>

## What Does Advocacy Mean to You?

Many of us touched by cancer want to make a difference in the lives of other people with cancer by becoming a cancer advocate. There are many ways to be an advocate--whether it's supporting others with cancer, educating the public, working to change public policy, or raising money for medical research. Find the advocacy style that's right for you with these **ideas on advocacy** and learn more about **being a cancer advocate**.

Remember, too, that being a cancer advocate can mean taking an active role in your cancer care. Get tips on **cancer self-advocacy**,

## Must See

### Talking With the Doctor About Lumpectomy or

**Mastectomy:** For some women, deciding between these two procedures to treat breast cancer is difficult. Get insight on both options from Cancer.Net Associate Editor for breast cancer Julie Gralow, MD, including what information and questions to share with your doctor.

**Narratives from Patients in Clinical Trials:** If you've ever thought about participating in a clinical trial, check out these real-life stories from participants and see what led them to help make a difference in cancer research.



*Breast cancer survivor Toni Greene shares her story about a clinical trial.*

**New Guidance Statement on the Cost of Cancer Care:** Concerned about the rising cost of cancer care? See what

such as questions to ask the doctor, where to find more information on a type of cancer, and **how to read a medical abstract in a research study** to research treatment options. Being a cancer advocate will likely mean sharing your story with others, which may feel awkward at first. These **tips on sharing your story** will help you feel more comfortable and will help you decide whom to tell and under what circumstances. It also helps to hear the stories of other cancer survivors to get ideas and inspiration to move forward. Check out these **survivorship stories** and **patient advocate guest columns and podcasts**.

Plus, learn what ASCO is doing to help shape **public policy issues in cancer** and get tools to research current issues, including legislative alerts and updates from ASCO's Advocacy Network. ASCO also offers **patient advocate programs at the ASCO Annual Meeting** and **ASCO-sponsored Symposia**.

steps ASCO is taking to help oncologists address this issue with patients. Plus, **download ASCO's new *Managing the Cost of Cancer Care* booklet (also en Español )** to help you with financial planning before, during, and after treatment, and learn more about the booklet from Lidia Schapira, MD, in this **expert perspective**.

**What the New FDA Tobacco Bill Means:** Find out more about this new law signed by President Obama and get links to tobacco information on Cancer.Net.

## Cancer.Net Feature Articles

Practical, how-to information on a variety of topics for people living with cancer. The latest Features include:

### Explaining Cancer Genome Research

Know why researchers are studying the genetic changes associated with cancer, and what this might mean for future treatments.

### Online Communities for Support

Looking to connect with other people with cancer? These social networking sites can help.

### The Benefits of Counseling

Learn the numerous ways how counseling may help you along your journey and find out which type may be best for you.

### Making a Difference

Want to volunteer your time to help someone with cancer? These tips will help you get started.

*Stay up-to-date on the latest Cancer.Net Features by subscribing to our **RSS feed!** You'll need a feed aggregator such as Google Reader or Bloglines in order to subscribe. And don't forget that you can also check out 180+ other Cancer.Net Features*

## Don't Miss Your Chance to Feature Your Artwork in ASCO's Calendar!

Submit your artwork for the 2010 Expressions of Hope calendar. We invite anyone who has been affected by cancer—patients, survivors, families, caregivers—to share their emotions through art and inspire others. **Find out more** about the artwork specifications and how to submit an entry.

For more information on *News and Events*, use the blue navigation bar below to explore this and other sections of Cancer.Net.

Cancer Types ▶

Learning About Cancer ▶

Diagnosis and Treatment ▶

Coping ▶

Survivorship ▶

Advocacy and Policy ▶

Library ▶

ASCO Resources ▶

News and Events ▶

Cancer.Net En Español ▶

## Cancer.Net Podcasts

Free audio files that address a variety of topics important to Cancer.Net visitors, providing a new option on how to receive doctor-approved information.

### The Importance of Hydration

People undergoing cancer treatment may be at higher risk of dehydration because of treatment side effects. Stay hydrated with these tips.

### Cancer and the Summer Months

Summertime brings special considerations for people with cancer. Get help with protecting your skin from the sun, staying hydrated, and dealing with wigs and custom-made swimsuits and caps.



## Have You Seen...

For more information about ASCO's patient information resources, visit [www.cancer.net](http://www.cancer.net) or call 888-651-3038.



*Making a world of difference in cancer care*

## Expert Information on More than 120 Types of Cancer

With the **Cancer.Net Guides to Cancer** on more than 120 types of cancer and cancer-related syndromes, get the details on the type of cancer you're searching for with just a few clicks. Each guide is reviewed every year by leading oncologists and contains the latest information on prevention, diagnosis, treatment options, after treatment, and current research, plus a list of targeted questions to ask the doctor.

Read the latest updates to some of the website's sections of cancer types and cancer-related syndromes, including:

- Astrocytoma
- Ataxia-Telangiectasia Syndrome
- Carcinoid Tumor
- Chronic Myeloid Leukemia
- Endocrine Tumor
- Ewing's Family of Tumors
- Head and Neck Cancer
- Hereditary Diffuse Gastric Cancer Syndrome
- HIV/AIDS-Related Cancer
- Nasal Cavity and Paranasal Sinus Cancer
- Nasopharyngeal Cancer
- Neuroendocrine Tumor
- Penile Cancer

Or, for a quick introduction to more than 40 types of cancer, **download fact sheets** that describe where the cancer starts, how it is treated, questions to ask the doctor, and a list of helpful terms to know.

# ASCO ANSWERS

## NON-HODGKIN LYMPHOMA

### WHAT IS NON-HODGKIN LYMPHOMA?

Non-Hodgkin lymphoma (NHL) is a disease of the lymph system, in which lymphatic cells begin to change, grow uncontrollably, and then form a tumor. NHL can be diffuse (more general), aggressive (more general), or have features of both types. B-cell lymphoma is the most common type of NHL. T-cell lymphoma is less common. Because of the many types and subtypes of NHL, it is important to know the diagnosis. More information about subtypes can be found at [www.cancer.net](http://www.cancer.net).



Find additional cancer information at [www.cancer.net](http://www.cancer.net).

### WHAT IS THE FUNCTION OF THE LYMPH SYSTEM?

The lymph system consists of thin tubes that branch out to all parts of the body. It carries lymph, a clear fluid containing lymphocytes (white blood cells), to fight infections and diseases. It helps collect and transport wastes. Because lymph nodes are found in so many parts of the body, NHL can start almost anywhere.

### WHAT DOES STAGE MEAN?

Staging is a way of describing the extent of a cancer, such as where it is located, if it shows up in one spot, and if it is affecting the function of other organs in the body. There are four stages for NHL, stages I through IV. One through III are called the International Prognostic Index (IPI) and are used to help predict the success of treatment. Descriptions of these stages are available at [www.cancer.net](http://www.cancer.net).

### HOW IS NON-HODGKIN LYMPHOMA TREATED?

The treatment of NHL depends on the type of lymphoma, the stage, and the person's overall health. Active surveillance (watchful waiting) may be appropriate for some patients with indolent lymphomas who are otherwise well and do not have any symptoms of lymphoma. Chemotherapy is often the primary treatment for NHL. Radiation therapy is sometimes given after or during chemotherapy for patients with an early-stage tumor or a particularly large lymph node. Other treatment options include the monoclonal antibody rituximab (Rituxan), which may be given with chemotherapy to treat many types of B-cell lymphomas and individualized antibodies (also called monoclonal antibodies). Some cell transplantations may be used for patients with NHL. When making treatment decisions, people may also consider a clinical trial, talk with your doctor about all treatment options. The side effects of NHL treatment can often be prevented or managed with the help of your health care team.

### HOW CAN I COPE WITH NON-HODGKIN LYMPHOMA?

Identifying the signs of a cancer diagnosis and communicating with your doctor are key parts of the coping process. Seeking support, becoming organized, and considering a second opinion are other steps. Take care of yourself during this time. Understanding your diagnosis and those of people close to you can be helpful in managing the diagnosis, treatment, and feeling process.

ASCO Answers is a series of fact sheets produced by the American Society of Clinical Oncology. ASCO is the world's leading professional organization representing doctors of all oncology subspecialties who care for people with cancer.

**More updates:** Considering a camp or retreat this summer or next? Get a list of **camp and retreats for children and families touched by cancer**.

## Quick Links

Direct access to key sections of Cancer.Net:

- Newly Diagnosed? First Steps to Take
- Find an Oncologist
- Clinical Trials
- Managing Side Effects
- Survivorship: Next Steps to Take

## The ASCO Cancer Foundation

To make a world of difference in cancer care, please **donate** to The ASCO Cancer Foundation in support of patient and family programs.



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*Cancer.Net Bulletin* is a monthly newsletter highlighting new content and features of the American Society of Clinical Oncology's (ASCO) patient information website, Cancer.Net ([www.cancer.net](http://www.cancer.net)). Cancer.Net brings the expertise and resources of ASCO, the voice of the world's cancer physicians, to people living with cancer and those who care for and care about them. ASCO is composed of more than 27,000 oncologists globally who are the leaders in advancing cancer care. All the information and content on Cancer.Net was developed and approved by the cancer doctors who are members of ASCO, making Cancer.Net the most up-to-date and trusted resource for cancer information on the Internet. Cancer.Net is made possible by The ASCO Cancer Foundation, which provides support for cutting-edge cancer research, professional education, and patient and family support.

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