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Lymphoma - Hodgkin - Coping with Side Effects [1]

This section has been reviewed and approved by the Cancer.Net Editorial Board [2], 06/2014

ON THIS PAGE: You will find out more about steps to take to help cope with physical, social, and emotional side effects. This page includes several links outside of this guide to other sections of this website. To see other pages, use the menu on the side of your screen.

Fear of treatment side effects [3] is common after a diagnosis of lymphoma, but it may help to know that preventing and controlling side effects is a major focus of your health care team. This is called palliative or supportive care, and it is an important part of the overall treatment plan, regardless of the stage of disease.

Common side effects from each treatment option for Hodgkin lymphoma are described in detail within the Treatment Options [4] section. Learn more about the most common side effects of lymphoma and different treatments, along with ways to prevent or control them [5]. Side effects depend on a variety of factors, including the stage, the length and dosage of treatment(s), and your overall health.

Before treatment begins, talk with your doctor about possible side effects of each type of treatment you will be receiving. Ask which side effects are most likely to happen, when they are likely to occur, and what can be done to prevent or relieve them. And, ask about the level of caregiving you may need during treatment and recovery, as family members and friends often play an important role in the care of a person with Hodgkin lymphoma. Learn more about caregiving [6].

In addition to physical side effects, there may be emotional and social effects as well. Patients and their families are encouraged to share their feelings with a member of their health care team who can help with coping strategies [7], including concerns about managing the cost of your cancer care [8].

Many people with Hodgkin lymphoma are young adults. Being diagnosed with cancer at this point in life can bring unique concerns and challenges. Learn more about being a young adult with cancer [9].

During and after treatment, be sure to tell the health care team about the side effects you experience, even if you feel they are not serious. Sometimes, side effects can last beyond the treatment period, called a long-term side effect. A side effect that occurs months or years after

treatment is called a late effect [10]. Treatment of both types of effects is an important part of survivorship care. Learn more by reading the Late Effects of Treatment [11] and After Treatment [12] sections or by talking with your doctor.

The next section describes side effects that may develop months or years after treatment has ended. Use the menu on the side of your screen to select Late Effects of Treatment, or you can select another section, to continue reading this guide.

Links:
[1] http://www.cancer.net/cancer-types/lymphoma-hodgkin/coping-side-effects
[2] http://www.cancer.net/about-us
[3] http://www.cancer.net/node/24492
[4] http://www.cancer.net/node/19185
[5] http://www.cancer.net/node/25238
[6] http://www.cancer.net/node/25009
[7] http://www.cancer.net/node/21
[8] http://www.cancer.net/node/24865
[9] http://www.cancer.net/node/25117
[10] http://www.cancer.net/survivorship/long-term-side-effects-cancer-treatment
[11] http://www.cancer.net/node/19188
[12] http://www.cancer.net/node/19189