

# Follicular Lymphoma (FL)





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## 1 What Is Follicular Lymphoma (FL)?

Typically, a slow-growing, chronic, incurable cancer, FL is a form of non-Hodgkin lymphoma (NHL) that arises from B-lymphocytes, making it a B-cell lymphoma.<sup>i</sup>

FL develops when abnormal B-lymphocytes, a type of white blood cell that normally helps fight infections, accumulates in the lymph nodes or other organs in the body, causing buildup.<sup>ii</sup>

-  NHL is one of the most common cancers in the U.S. and accounts for approximately 4% of all cancers.<sup>iii</sup>
-  FL is the second most common type of NHL and accounts for approximately 20%–30% of all NHL cases.<sup>i,iii</sup>
-  Approximately 15,000 cases of FL are diagnosed in the U.S. each year.<sup>iv</sup>
-  For patients with FL, the average survival can be up to 20 years or more.<sup>v</sup>

## Prevalence & Incidence 2

## 3 Risk Factors

Known risk factors include:



### Age

FL is considered rare in young people, with the median age at diagnosis being 60-65.<sup>iii</sup>



### Family History

5-10% of relatives of patients with FL may also develop a lymphoma.<sup>v</sup>



### Lifestyle Factors

Smoking<sup>vi</sup>



### Environmental Factors

Pesticides or other chemicals<sup>vi</sup>



### Other Medical Conditions

Some autoimmune diseases<sup>vii</sup>



Often, patients with FL will have no obvious symptoms of the disease at diagnosis, but common symptoms may include: <sup>i,iii,vi,vii</sup>

## Symptoms

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- Enlargement (painless swelling) of lymph nodes in neck, underarms, abdomen, groin or spleen
- B symptoms (fever, night sweats and weight loss)
- Fatigue
- Shortness of breath
- Chills
- Feeling full after only a small amount of food
- Chest pain or pressure
- Severe or frequent infections
- Easy bruising or bleeding



Number of red blood cells, white blood cells and platelets can be lower than normal. <sup>vi</sup>

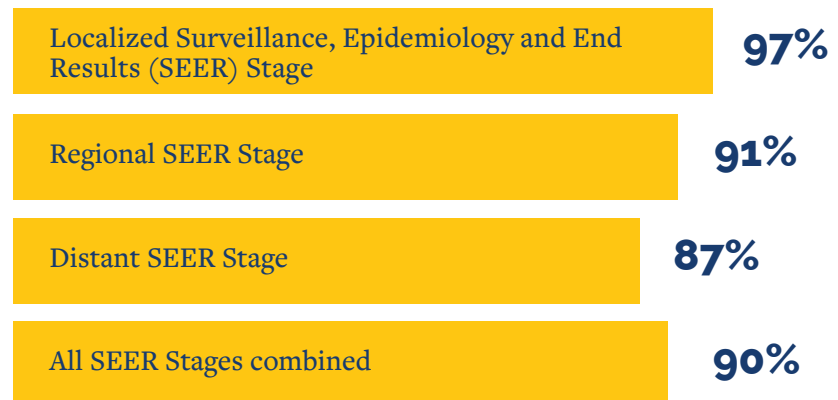
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## Prognosis

FL has a favorable long-term prognosis. Approximately 50% of individuals diagnosed with FL survive nearly 20 years after diagnosis, while around 90% are alive five years after diagnosis. <sup>viii</sup>



The five-year Relative Survival Rate for FL is as follows: <sup>iii</sup>





## Diagnosis

Diagnosis methods and tests may include:<sup>iii,vii,viii</sup>

- Patient’s medical history and physical examination
- Biopsy (to confirm diagnosis)
- Blood test
- Bone marrow testing
- Imaging test
- Position emission tomography (PET) scans
- Computed tomography (CT) scans



## Treatment

While initial treatment can vary based on the stage of the cancer and existence of symptomatic disease, treatment options may include:<sup>vii,viii</sup>

- Active surveillance of low tumor burden
- Radiation therapy if localized disease
- Monoclonal antibody therapy
- (Immuno) Chemotherapy
- Targeted therapy
- Immunotherapy
- Cellular therapy
- Bone marrow/stem cell transplantation

# Diagnosis & Treatment 6

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## The Goal of FL Therapy

The major goals of lymphoma treatment include:<sup>ix</sup>



Bringing about and prolonging remission (cancer-free period)



Preserving patients’ quality of life by minimizing treatment-associated side effects

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