



Mycosis Fungoides



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This NCCN QUICK GUIDE™ sheet summarizes key points from the complete *NCCN Guidelines for Patients®: Mycosis Fungoides*. These guidelines explain which tests and treatments are recommended by experts in cancer. To view and download the guidelines, visit NCCN.org/patients or, to order printed copies, visit Amazon.com.

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What is mycosis fungoides?

■ Lymphoma is a cancer of white blood cells called lymphocytes that are within the lymphatic system. This system transports fluids to the bloodstream and fights germs. Mycosis fungoides is a lymphoma of T-cells that reside in the skin.	<u>8</u>
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Do I have mycosis fungoides?

■ The first sign of mycosis fungoides is often skin lesions. Part or most of your skin may look scaly and red. It may have red bumps by the hair or have tumors.	⋮
■ Samples of skin lesions must be removed from your body and be tested. A doctor will assess the skin cells for features common to mycosis fungoides.	<u>10</u>

What health care do I need before treatment?

■ A report of your health history including any medicines you've taken.	⋮
■ An exam of your body including all of your skin.	<u>16</u>
■ Blood tests to count blood cells and assess levels of chemicals.	⋮
■ Pictures of your insides, if needed, with diagnostic CT or whole-body PET/CT.	<u>17</u>
■ Removal of bone and marrow, if needed, to test for cancer.	⋮
■ A pregnancy test if you are a woman who can have babies since some treatments can harm unborn babies.	<u>18</u>
	⋮
	<u>20</u>
	⋮
	<u>21</u>



What are my treatment options?

<p>Stage IA</p>	<ul style="list-style-type: none"> ■ Since the extent of the skin lesions is small, skin treatments given right to the lesions are often first used. Second-line treatments include a whole-body treatment with or without skin treatment, electron beam therapy to all your skin, and clinical trials. 	<p>40</p>
<p>Stage IB and IIA</p>	<ul style="list-style-type: none"> ■ Skin treatments that target a large area of skin are often first used. Local skin treatments may be added. Second-line treatments include clinical trials, whole-body treatment, and certain combinations of two treatments. 	<p>42</p>
<p>Stage IIB</p>	<ul style="list-style-type: none"> ■ If lesions cover less than 10% of your skin, tumors are treated with radiation therapy and other lesions with other skin treatments. Second-line treatments include electron beam therapy of all your skin, whole-body treatment with or without a skin treatment, and certain combinations of two treatments. 	<p>44</p>
	<ul style="list-style-type: none"> ■ If lesions cover more than 10% of your skin, electron beam therapy of all your skin, whole-body treatment with or without a skin treatment, and certain combinations of two treatments are first used for treatment. Second-line treatments include multi-agent chemotherapy, allogeneic stem cell transplant, and clinical trials. 	<p>46</p>
<p>Stage III</p>	<ul style="list-style-type: none"> ■ Treatment depends on whether there is blood involvement. If not, skin treatments may be received. Whole-body treatment with or without skin treatment is used if there is blood involvement. Second-line treatments include certain combinations of two treatments. Third-line treatments include clinical trials, whole-body treatments, alemtuzumab, and nonmyeloablative allogeneic stem cell transplant. 	<p>48</p>
<p>Stage IV</p>	<ul style="list-style-type: none"> ■ One or more whole-body treatments are first used. Radiation therapy may be added. The next option is to join a clinical trial. 	<p>52</p>

How do I decide between options?

<ul style="list-style-type: none"> ■ Ask your doctors many questions. Also, you could get a second opinion, attend support groups, and compare pros and cons. 	<p>58</p>
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