

NCCN QUICK GUIDE™

# Diffuse Large B-cell Lymphoma



This NCCN QUICK GUIDE™ sheet summarizes key points from the complete [NCCN Guidelines for Patients®: Diffuse Large B-cell Lymphoma](#). These guidelines explain which tests and treatments are recommended by experts in cancer. To view and download the guidelines, visit [NCCN.org/patients](http://NCCN.org/patients) or, to order printed copies, visit [Amazon.com](http://Amazon.com)

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## What is diffuse large B-cell lymphoma (DLBCL)?

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. DLBCL is a cancer of B-cells that are from within or have been released by germinal centers of lymphatic organs.	<a href="#">9</a>
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## How is DLBCL diagnosed?

Tissue from the tumor will likely be removed with an incisional or excisional biopsy. A doctor will test the tissue to look for a pattern of proteins on the cells' surface that is common to DLBCL.	<a href="#">10</a>
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## What health care is needed before treatment?

■ A report of your health history and an exam of your body	<a href="#">15</a>
■ Blood tests to count blood cells, assess levels of chemicals, and check for viruses	<a href="#">16</a>
■ Whole-body PET/CT and maybe CT scans to look inside your body for cancer sites	<a href="#">18</a>
■ Removal of bone, marrow, and spinal fluid, if needed, to test for cancer	<a href="#">20</a>
■ Ratings of the outlook (prognosis) of the cancer to plan treatment	<a href="#">21</a>
■ A heart test if you will be taking certain cancer treatments	<a href="#">22</a>
■ Talk to a fertility specialist if you may want to have babies after treatment	<a href="#">22</a>
■ A pregnancy test if you are a woman who can have babies since some treatments can harm unborn babies	<a href="#">22</a>



## What are the treatment options?

<p><b>First-line treatment</b></p>	<ul style="list-style-type: none"> <li>■ Immunochemotherapy is the first treatment received</li> <li>■ Treatment results will be assessed with PET/CT scan.</li> <li>■ The next treatment depends on the cancer stage and treatment results <ul style="list-style-type: none"> <li>▶ Finish immunochemotherapy</li> <li>▶ Radiation therapy (common for stages I &amp; II)</li> <li>▶ Second-line treatment if immunochemotherapy didn't work</li> </ul> </li> </ul>	<p><a href="#">38</a></p>
<p><b>Follow-up care</b></p>	<ul style="list-style-type: none"> <li>■ Get tested on a regular basis if first-line treatment worked <ul style="list-style-type: none"> <li>▶ An update of your health history</li> <li>▶ An exam of your body</li> <li>▶ Lab tests</li> <li>▶ CT scan at times or as needed</li> </ul> </li> </ul>	<p><a href="#">42</a></p>
<p><b>Second-line treatment</b></p>	<ul style="list-style-type: none"> <li>■ Immunochemotherapy then blood stem cell transplant</li> <li>■ Clinical trial</li> <li>■ Chemotherapy ± immunotherapy</li> <li>■ Targeted therapy</li> <li>■ Immunomodulator ± immunotherapy</li> <li>■ Immunotherapy</li> <li>■ Radiation therapy</li> <li>■ Best supportive care</li> </ul>	<p><a href="#">44</a></p>

## What are some tips for making good treatment decisions?

<p>Ask your doctors many questions. Also, you could get a second opinion, attend support groups, and compare pros and cons.</p>	<p><a href="#">47</a></p>
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