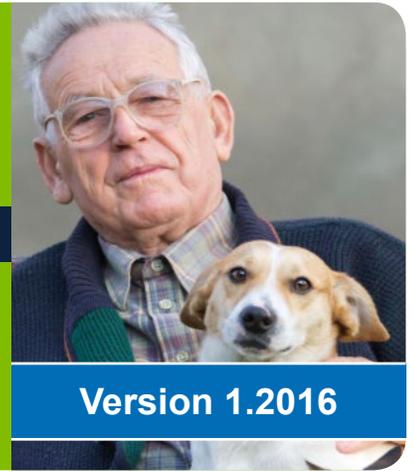


Diffuse Large B-cell Lymphoma



Version 1.2016

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 or, to order printed copies, visit Amazon.com.

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



<ul style="list-style-type: none"> 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. 	<u>8</u>
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Do I have DLBCL?

<ul style="list-style-type: none"> 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. 	<u>10</u>
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What health care do I need before treatment?

<ul style="list-style-type: none"> A medical history that includes questions about symptoms of DLBCL 	<u>14</u>
<ul style="list-style-type: none"> An exam of your body to look for signs of disease and to rate your ability to do activities 	<u>15</u>
<ul style="list-style-type: none"> Blood tests to count blood cells, assess levels of chemicals, and check for viruses 	<u>16</u>
<ul style="list-style-type: none"> PET/CT with or without diagnostic CT to look inside your body for cancer sites 	<u>17</u>
<ul style="list-style-type: none"> Removal of bone, marrow, and spinal fluid, if needed, to test for cancer 	<u>18</u>
<ul style="list-style-type: none"> Ratings of the outlook (prognosis) of the cancer to plan treatment 	<u>20</u>
<ul style="list-style-type: none"> A heart test if you will be taking certain cancer treatments 	<u>21</u>
<ul style="list-style-type: none"> Talk to a fertility specialist if you may want to have babies after treatment 	<u>21</u>
<ul style="list-style-type: none"> A pregnancy test if you are a woman who can have babies since some treatments can harm unborn babies 	<u>21</u>



What options do NCCN experts recommend?

Stage I and II treatment	<ul style="list-style-type: none"> Stage I and II cancers are often treated with 6 cycles of chemotherapy and rituximab followed by radiation therapy. R-CHOP is the preferred treatment if you are healthy enough. If you can't take R-CHOP, other options are R-COPP, R-CDOP, DA-EPOCH with rituximab, R-CEOP, R-GCVP, and R-mini-CHOP. 	42
	<ul style="list-style-type: none"> A second option is to treat the cancer with only chemotherapy and rituximab. 	42
	<ul style="list-style-type: none"> Small cancers may be fully treated with only 3 cycles of chemotherapy and rituximab followed by radiation therapy. 	44
Stage III and IV treatment	<ul style="list-style-type: none"> Stage III and IV cancers are often treated with 6 cycles of chemotherapy and rituximab. R-CHOP is the preferred treatment if you are healthy enough. If you can't take R-CHOP, other options are R-COPP, R-CDOP, DA-EPOCH with rituximab, R-CEOP, R-GCVP, and R-mini-CHOP. 	46
	<ul style="list-style-type: none"> If 6 cycles of treatment works, you may be further treated with radiation therapy or a blood stem cell transplant. 	46
	<ul style="list-style-type: none"> Besides chemotherapy and rituximab, another option is to join a clinical trial. 	46
Refractory or relapsed cancer	<ul style="list-style-type: none"> Chemotherapy with or without rituximab followed by a blood stem cell transplant may be an option. 	48
	<ul style="list-style-type: none"> If you can't have a blood stem cell transplant, treatment options include joining a clinical trial, drug treatment, radiation therapy, or best supportive care. Options for drug treatment include chemotherapy with or without rituximab, brentuximab vedotin, lenalidomide with or without rituximab, and rituximab alone. 	48

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. 	53
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