

# Follicular Lymphoma

## Grade 1–2



Version 1.2016

This NCCN QUICK GUIDE™ sheet summarizes key points from the complete *NCCN Guidelines for Patients®: Follicular Lymphoma, Grade 1–2*. 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 follicular lymphoma?

<ul style="list-style-type: none"> <li>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. Follicular lymphoma is a cancer of B-cells that are found in germinal centers of lymphatic organs.</li> </ul>	<p>8</p>
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### Do I have follicular lymphoma?

<ul style="list-style-type: none"> <li>Tissue from the tumor must be removed with an incisional or excisional biopsy. A doctor will test the tissue to see if cells are growing in a circle-like (follicular) pattern. He or she will also look for a “signature” of proteins on the cells’ surface that is common to follicular lymphoma. Follicular lymphoma is graded based on the type and number of B-cells. Grade 1–2 has 15 or fewer B-cells called centroblasts, and Grade 3 has more than 15.</li> </ul>	<p>10</p>
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### What health care do I need before treatment?

<ul style="list-style-type: none"> <li>A medical history that includes questions about symptoms of follicular lymphoma</li> </ul>	<p>14</p>
<ul style="list-style-type: none"> <li>An exam of your body to look for signs of disease and to rate your ability to do activities</li> </ul>	<p>15</p>
<ul style="list-style-type: none"> <li>Blood tests to count blood cells, assess levels of chemicals, and check for viruses</li> </ul>	<p>16</p>
<ul style="list-style-type: none"> <li>CT, PET/CT, or both scans to look inside your body for cancer sites</li> </ul>	<p>18</p>
<ul style="list-style-type: none"> <li>Removal of bone and marrow by biopsy and aspiration to test for cancer if needed</li> </ul>	<p>19</p>
<ul style="list-style-type: none"> <li>A heart test if you will be taking certain cancer treatments</li> </ul>	<p>20</p>
<ul style="list-style-type: none"> <li>Talk to a fertility specialist if you may want to have babies after treatment</li> </ul>	<p>20</p>
<ul style="list-style-type: none"> <li>A pregnancy test if you are a woman who can have babies since some treatments can harm unborn babies</li> </ul>	<p>20</p>



## How do doctors decide what my options are?

<ul style="list-style-type: none"> <li>Doctors take into account many factors. The cancer stage is one factor and another is the treatment process. You will likely go through repeated periods of cancer treatment and follow-up care for many years. You may also receive supportive care for other health conditions. Ask your doctor the reasons for his or her recommendations.</li> </ul>	<a href="#">39</a>
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## What options do NCCN experts recommend?

<b>Stage I and limited stage II cancers</b>	<ul style="list-style-type: none"> <li>The preferred treatment is involved-site radiation therapy for cancer confined to a small area. Other options include rituximab with or without chemotherapy.</li> </ul>	<a href="#">40</a>
	<ul style="list-style-type: none"> <li>You may start follow-up care if the cancer is fully or partly treated. If treatment didn't work, the options listed below are advised.</li> </ul>	<a href="#">40</a>
<b>Extensive stage II and all stage III–IV cancers</b>	<ul style="list-style-type: none"> <li>You may not have to treat the cancer right away. Your doctor will look for signs that treatment is needed.</li> </ul>	<a href="#">42</a>
	<ul style="list-style-type: none"> <li>Chemoimmunotherapy has been shown to work well for first-time treatment. This type of treatment includes bendamustine with rituximab, R-CHOP, and R-CVP.</li> </ul>	<a href="#">42</a>
	<ul style="list-style-type: none"> <li>You may start follow-up care if the cancer is fully or partly treated.</li> </ul>	<a href="#">42</a>
	<ul style="list-style-type: none"> <li>If the cancer grows again, options include clinical trials, first-time treatments, idelalisib, lenalidomide, ibritumomab, fludarabine-containing regimens, and others.</li> </ul>	<a href="#">44</a>
	<ul style="list-style-type: none"> <li>For partly or fully treated cancer, you may receive more treatment for better results. Options include rituximab alone, stem cell transplant, or obinutuzumab.</li> </ul>	<a href="#">44</a>

## How do I decide between options?

<ul style="list-style-type: none"> <li>Ask your doctors many questions. Also, you could get a second opinion, attend support groups, and compare pros and cons.</li> </ul>	<a href="#">54</a>
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