



# Non-Hodgkin's Lymphoma



Lymphomas are cancers that develop when malignant cells infiltrate the lymphatic system. Childhood Non-Hodgkin's Lymphoma (NHL) develops in the lymph system, which is an integral part of the body's immune system.

***Lymphomas are divided into two basic types:***

-  Hodgkin's Lymphoma
-  Non-Hodgkin's Lymphoma

NHL is the more common lymphoma in children; it is uncommon in children under the age of 4 years, but when it does occur, it is more common in boys than in girls







There are four major types of childhood Non-Hodgkin's Lymphoma. The specific type of lymphoma is determined by how the cells look under a microscope.

## Causes of Non-Hodgkin's Lymphoma

The exact cause of NHL, as with most childhood cancers, is not known. Research in to the causes is ongoing.

## Signs and Symptoms

***Some of the typical signs and symptoms of Non-Hodgkin's Lymphoma are:***

-  Abdominal pain or swelling
-  Coughing
-  Night sweats
-  Painless lump or swelling
-  Painless swelling of the lymph nodes in the neck, underarm, stomach, or groin
-  Trouble breathing or wheezing

- 🎗️ Unexplained high temperature/fever
- 🎗️ Unexplained weight loss

## Tests and Diagnosis

***Non-Hodgkin's Lymphoma can be diagnosed or staged using the following tests and procedures:***

- 🎗️ **Physical Exam and History:** The doctor will perform an physical examination, checking your child's general health as well as checking for anything unusual or signs of cancer, and a complete medical history will be taken
- 🎗️ **A Biopsy:** Doctors perform a small operation done under general anaesthetic whereby cells and tissues are removed and studied under a microscope by a pathologist; various laboratory tests are also done

Other tests that may be done include x-rays, a complete blood count, blood chemistry studies, ultrasound scans, MRI scan, CT scan, or a bone marrow aspiration

## Treatment options

The exact treatment option for childhood NHL depends on the type and staging of the cancer

- 🎗️ **Chemotherapy:** Most times NHL is treated with a combination of Chemotherapy drugs.
- 🎗️ **Radiotherapy:** In very rare cases radiotherapy is also used. In radiotherapy, high-energy rays are used to destroy cancer cells.

## Awareness Ribbon Colour

The awareness ribbon colour for Non-Hodgkin's Lymphoma is Lime Green

*This article was written on behalf of [Little Fighters Cancer Trust](#) by Billi du Preez of [Red Feather Scribes](#). Please feel free to share the article, but please respect copyright by sharing the article in its entirety, as is, including this paragraph with links at the bottom of the article. Thank You!*