

Blood Cancers

WHAT YOU NEED TO KNOW ABOUT BLOOD CANCERS

***NOTE: This document is not all encompassing, there are many different types of blood cancer and subtypes of leukemia and lymphoma that were not directly mentioned.

DEFINITIONS

Leukemia: cancer of the early blood-forming cells, most commonly white blood cells. There are two classifications including acute (fast growing) and chronic (slower growing).

Lymphoma: a cancer that starts in the cells that are a part of the immune system, such as B-cells.

KEY FACTS/STATISTICS

Estimated new blood cancer diagnoses each year:



• **381** in Hamilton County

• **4,743** in Ohio



• **138,320** in U.S.

- Blood cancers account for about **10% of all diagnosed cancers** each year.
- Leukemia accounts for **25% of childhood cancers**
- Blood cancers are more likely to occur in men

DIAGNOSIS

Leukemia

Leukemia is diagnosed through blood tests and bone marrow samples that assess the amount of different blood cells.

- Increased white blood cell count is indicative of leukemia.

Lymphoma

Lymphoma is diagnosed usually through a biopsy of a swollen lymph node, then further imaging is done to assess the progression of the disease.



SCAN ME

Call **513-585-UCCC** for care, scan the QR code, or visit:

uofcyncancer.center/blood-cancer-care

RISK FACTORS

*Each type affects age ranges and ethnicities differently



CERTAIN GENETIC SYNDROMES



AUTOIMMUNE DISORDERS

Increase the risk of developing lymphoma



GENDER

Men more likely to be diagnosed



INFECTION EXPOSURE

Including Epstein-Barr virus, Human Herpes Virus-8, and Human T-lymphotropic virus-1 can also increase risk



RADIATION EXPOSURE

Such as individuals exposed to an atomic bomb



CHEMICAL EXPOSURE

Including benzene in chemotherapy, cigarette smoke, some cleaning products, and pesticides/farming chemicals

SYMPTOMS CAN INCLUDE

Most symptoms are related to a decrease in one type of blood cell.

- ✔ Anemia, or lack of red blood cells, causes fatigue, weakness, feeling dizzy/lightheaded, shortness of breath, and pale skin.
- ✔ A lack of white blood cells makes it hard to completely fight off an infection or stop the infection from returning.
- ✔ A lack of platelets can cause frequent or severe nosebleeds, bruising of the skin, and heavy menstrual bleeding for women.
 - Some individuals also experience a feeling of fullness or pressure in their abdomen and feel full after small meals.
- ✔ For lymphoma, the most common symptoms includes swollen lymph nodes, causing a lump to appear usually on the side of the neck, in the armpit, or in the groin. Another symptom unique to lymphoma is itchiness of the skin without the presence of a rash.

PREVENTION/SCREENING

If there is a close family history of blood cancer or you are at an increased risk of developing blood cancer due to the risks mentioned, please **alert your Primary Care Physician**.

They will monitor you carefully and regularly.