**What is lymphoma?**

Lymphoma is a type of blood cancer that happens when there is a problem with the development of blood cells. This type of blood cancer usually starts in the bone marrow or the lymphoid tissue, which is a part of the immune system.

**How common is lymphoma?**

In Europe:

- 16,000 new cases of Hodgkin lymphoma were diagnosed in 2012, making it the 10th most common cancer globally.
- 66,000 people were diagnosed with Hodgkin lymphoma in 2012.

Worldwide:

- Nearly 400,000 new cases of non-Hodgkin lymphoma were diagnosed in 2012.
- Over 110,000 new cases of lymphoma were diagnosed in 2012, accounting for 6 in every 100 cases of blood cancer.

**How is lymphoma diagnosed?**

1. **BLOOD TEST:** Your GP may order a blood test to check for elevated white blood cells.
2. **BONE MARROW BIOPSY:** A sample of bone marrow may be taken during a procedure called a biopsy. This can help confirm the diagnosis and identify any cancerous cells.
3. **IMAGING SCANS:** Scans such as CT scans or MRI scans can help identify any abnormalities in the lymph nodes or other organs.
4. **LYMPH NODE BIOPSY:** A lymph node biopsy can be performed to confirm the diagnosis and identify any cancerous cells.

**What symptoms might I have?**

The symptoms of lymphoma are general and often overlooked, but they can include:

- **Excessive sweating, particularly at night**
- **Unintentional weight loss**
- **Extreme tiredness or lack of energy**
- **Frequent infections**
- **Swollen lymph nodes**
- **Excessive bruising or bleeding**
- **Unexplained fever**
- **Nausea**

These symptoms may appear in almost any part of the body, including:

- **Bones**
- **Skin**
- **Gastrointestinal tract**
- **Chest**
- **Testicles**
- **Kidneys**
- **Liver**

**What is blood cancer awareness?**

Blood cancer awareness helps to raise awareness of the different types of blood cancer and the symptoms and treatments available. It aims to improve understanding and reduce the stigma associated with these conditions.

**References:**

- Cancer Research UK (http://www.cancerresearchuk.org/about-cancer/type)
- The European Lymphoma Institute (http://www.eli.eu/fr/en/)
- Bloodwise (https://bloodwise.org.uk/info-support/lymphoma)
- British Medical Journal (http://bestpractice.bmj.com/topics/en-gb/312)

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