Because of this, patients can live in fear of their disease coming back. Leukaemia, lymphoma, and myeloma are types of blood cancer. Lymphocytes, a type of white blood cell, are essential to the body's ability to fight infections.

Non-Hodgkin lymphoma (NHL) is the most common type of lymphoma, found in 4 out of 5 patients. NHL can occur at any age and in both men and women, but is most commonly diagnosed in men and those aged 65-74 years. Every 62 seconds worldwide someone is told that they have NHL. This means over 500,000 people will be diagnosed with NHL per year.

There are three main types of blood cancer:

1. **Lymphoma** is a type of blood cancer that starts in white blood cells.
2. **Leukaemia** is a type of blood cancer that starts in the bone marrow.
3. **Myeloma** is a type of blood cancer that starts in the bone marrow and affects bone.

**Non-Hodgkin lymphoma** is the most common type of lymphoma. The most common type of fast-growing lymphoma is diffuse large B-cell lymphoma, diagnosed in around one third of people with NHL.

**Slow-growing lymphoma** has few symptoms and so can spread unnoticed in the body.

**Lymphoma can be fast or slow-growing.**

- **Fast-growing lymphoma** has few symptoms and can spread unnoticed in the body.
- **Slow-growing lymphoma** has few symptoms and can spread unnoticed in the body.

**Non-Hodgkin lymphoma (NHL) is the most common type of lymphoma, found in 4 out of 5 patients.**

- Non-Hodgkin lymphoma (NHL) is the most common type of lymphoma, found in 4 out of 5 patients.
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**Understanding lymphoma**

Blood cancers are the fourth most common cause of cancer death worldwide.

**Lymphoma** is a type of blood cancer that starts in white blood cells.

**Slow-growing** lymphoma has few symptoms and so can spread unnoticed in the body.

- **Slow-growing lymphoma** has few symptoms and so can spread unnoticed in the body.
- **Fast-growing lymphoma** has few symptoms and so can spread unnoticed in the body.

Each time their lymphoma comes back, it can be harder to treat and can become more aggressive.

Because of this, patients can often have fewer options for treatment. More treatments are needed for indolent lymphoma so that patients have more options.

**No cure:** patients with indolent lymphoma experience many relapses.

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<td>4.</td>
<td>Lymphoma research foundation. Follicular lymphoma. [Internet; cited November 2018]. Available at: <a href="https://www.lymphoma.org/aboutlymphoma/nhl/fl/">https://www.lymphoma.org/aboutlymphoma/nhl/fl/</a></td>
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