

# **Cutaneous Lymphoma Patient Education Day**

**The Role of The Oncologist**

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# Role of the Oncologist

- **Ease your anxiety**
- **Create new anxiety**
- **Help coordinate a long term treatment plan**

# Ease Your Anxiety

- **Background on Lymphoma**
- **How are Cutaneous Lymphomas different**
- **What is the prognosis**
- **What are the treatment options**

# What is Lymphoma

- Lymphoma is a type of blood cancer
- The cells that have become cancerous are called **lymphocytes**
- Lymphocytes are normally made in the **bone marrow**, and can be found in the **blood** and **lymph nodes**
- Lymphocytes normally play a large role in our **immune system**
- Lymphocytes are either **B** cell or **T** cell

# What is Lymphoma

- Cancerous lymphocytes usually are found in the blood, lymph nodes or bone marrow
- Occasionally they can also be found in other organs like stomach, spinal fluid and **skin**
- **Lymphoma** = most of the cancerous cells are in lymph nodes
- **Leukemia** = most of the cancerous cells are in the blood and bone marrow

# What Causes Lymphoma

- Lymphoma is caused by damage to the genes of lymph cells
- the genetic damage is acquired not inherited
- Cause of the genetic damage is not well known
- No single dominant cause

# Who Gets Lymphoma

- **Anyone - the very young to the very old**
  - mainly older age
- **Immunocompromized**
  - congenital immune deficiencies
  - acquired immune deficiencies
  - previous chemotherapy / radiation / cancers
- **Infections**
- **Other Immune disorders**
  - Lupus, Sjogrens Syndrome

# How to Diagnose Lymphoma

- **Lymph node Biopsy**
  - surgically remove nodes near the skin
  - internal nodes can be biopsied with a needle
- **Biopsy organ involved – ex **skin****
- **Bone Marrow Biopsy**
- **Blood tests**
- **Scans**

# Why is Lymphoma Important

- 5<sup>th</sup> most common cancer in North America
- 6000-7000 new cases per year in Canada
- 2<sup>nd</sup> leading cause of cancer death in young adults
- 2.5% lifetime probability of developing lymphoma
- Incidence of lymphoma is increasing
- Many new treatment options are available

# Types of Lymphoma

- **Hodgkin's Disease**
  - 30 % of all lymphomas
- **Non Hodgkin's Lymphoma**

# Types of Lymphoma

- Diffuse Large B Cell
- Mediastinal large B Cell
- Small Lymphocytic
- Lymphoplasmacytic
- Splenic Marginal Zone
- MALT
- Nodal Marginal
- Mantle Cell
- Follicular
- Intravascular
- Primary Effusion
- Burkitt's
- Precursor B cell
- Lymphomatoid Granuloma
- Adult T Cell
- Hepatosplenic  $\gamma\delta$
- ✓ Enteropathy type T Cell
- ✓ Blastic NK cell
- ✓ Mycoses Fungoides
- ✓ Extranodal NK/T
- ✓ Subcutaneous Panniculitis
- ✓ Anaplastic
- ✓ Primary Cutaneous T Cell
- ✓ Peripheral T Cell
- ✓ Angioimmunoblastic
- ✓ Precursor T Cell
- ✓ Hodgkin's Disease

# How are Cutaneous Lymphomas Different?

- Lymphomas that are found mainly in the skin
- About 1% of all Non Hodgkin's Lymphoma
- Usually T Cell Lymphocytes
- Most are Mycoses Fungoides

# Prognosis

- Long benign course
- Often multiple biopsies – called exzema
- Usually no symptoms outside of the skin
- Nuisance skin rash

# Prognosis

- Majority of Patients the disease never leaves the skin
- Most people never get rid of it
- Most people it doesn't have a major impact on their overall health

# Prognosis

- In a small percentage of people the disease can spread to blood or organs
- Sezary Syndrome
- Behaves more like a real lymphoma

# Create New Anxiety

- Tests to find out if your disease is outside of the skin
  - Physical Exam
  - CT scans
  - Blood tests
  - Test blood for lymphoma cells
  - Biopsies – lymph nodes

# Treatment Options

- **Avoid traditional chemotherapy**
- **“Skin” based treatments**
  - Steroid creams
  - PUVA
  - Radiation – patch / total skin
- **“Systemic” treatments**
  - Interferon
  - Accutane / Targretin
  - Extracorporeal Photophoresis (ECP)

# Treatment Plan

- **Disease just in the Skin**
  - **Skin based treatments**
    - » PUVA
    - » Patch radiation – if single spots
    - » Total body radiation – if very extensive disease
- **Stubborn Skin**
  - **Total body radiation**
  - **Add systemic treatments**
    - » Interferon / Accutane
- **Disease in Blood or other organs**
  - **Systemic treatments**
    - » Interferon / Accutane
  - **ECP**
  - **Clinical Trials**

# Conclusions – Role of the Oncologist

- Have a nice chat
- Know where to find one when you need one
- Help you find a good dermatologist