

Hodgkin Lymphoma: Newly Diagnosed



Hodgkin lymphoma is a type of cancer that starts in your lymphatic system. It's also called Hodgkin disease. Being told you have cancer can be scary, and you may have many questions. But you have people on your healthcare team to help.

Coping with fear

It's normal to feel afraid. Learning about your cancer and your treatment options can help make you feel less afraid. This also helps you work with your healthcare team and make the best choices for your treatment. You can also ask to speak with a counselor or therapist.

Working with your healthcare team

Your healthcare team may include:

- **Hematologist.** This is a doctor who specializes in diseases of the blood and lymphatic systems, including lymphoma.
- **Medical oncologist.** This is a doctor who diagnoses cancer and uses chemotherapy and other medicines to treat cancer.
- **Radiation oncologist.** This is a doctor who uses radiation to treat cancer.
- **Oncology nurse.** This is a nurse who specializes in supporting, teaching, and caring for people with cancer.
- **Support professionals.** These may include a social worker, therapist, psychologist, dietitian, nutritionist, or other healthcare providers, depending on your needs.

Your team members will answer any questions you may have. They'll help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and the results of those tests. They will guide you in making treatment decisions. And they'll help prepare you and your loved ones for what's ahead.

Learning about treatment options

To decide the best course of treatment for you, your healthcare team needs to know as much as they can about you and your cancer. This may mean getting some tests. It may also mean working with more than one doctor or other type of healthcare professional. You also may decide that you want to get a second opinion to help you choose a treatment or look into taking part in a clinical trial. Your team can help you with this.

Getting support

Coping with cancer can be very stressful. Talk with your healthcare team about seeing a counselor. They can refer you to someone who can help. You can also visit support groups in person or online to talk with other people coping with cancer. Ask your healthcare team about local support groups.

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