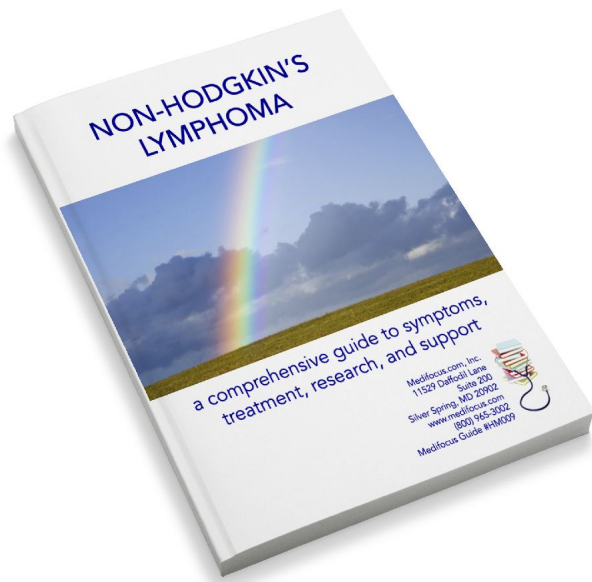


Preview of the Medifocus Guidebook on: Non-Hodgkin's Lymphoma

Updated October 18, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Non-Hodgkin's Lymphoma**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Non-Hodgkin's Lymphoma (159 pages; Updated October 18, 2009), please:

- Call us at:
 - 800-965-3002 (United States)
 - 301-649-9300 (Outside the United States)
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1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

NON-HODGKIN'S LYMPHOMA

Introduction to Non-Hodgkin's Lymphoma

The Lymphatic System

The *lymphatic system* represents the body's primary defense mechanism against invasion by foreign, potentially disease-producing microorganisms such as bacteria, viruses, and fungi. In humans, the lymphatic system includes the following components:

- **Lymph Nodes** - These are pea-sized nodules that are found throughout the lymphatic system and are especially abundant in the groin, armpits, abdomen, and neck areas. Lymph nodes serve to filter-out dead microorganisms that are destroyed by the body's immune system.
- **Lymphatic Vessels** - The lymphatic vessels are a series of channels or conduits similar to veins that carry a colorless liquid called *lymph* that is filtered and collected from the body's organs and tissues. Lymphatic fluid contains a rich supply of specialized white blood cells called *lymphocytes* that are the key cells of the body's immune system.
- **Lymphocytes** - There are two major types of lymphocytes known as B-lymphocytes and T-lymphocytes. B-lymphocytes are produced in the bone marrow and regulate or control the production of antibodies - specialized proteins that bind to the surface of microorganisms and facilitate their destruction by other specialized cells of the body's immune system. This type of immunity is called *humoral immunity* or *antibody-mediated immunity* because antibodies that are produced by B-lymphocytes are the key cells involved in fighting off the invading microorganisms. There are five major types of antibodies, also called *immunoglobulins*, produced by B-lymphocytes: IgG, IgM, IgA, IgD, and IgE.

T-lymphocytes are specialized white blood cells that are produced in the bone marrow and mature in the *thymus gland*, a small gland located in the chest just below the sternum (breastbone). T-lymphocytes are responsible for a type of immunity called *cell-mediated immunity*. This type of immunity plays an important role in:

- Destruction of the body's cells that have been infected by bacteria, viruses, or fungi
- Destruction of altered (mutated) cells that arise during the course of normal cell division in the body that can potentially turn into cancer cells

Other Components of the Lymphatic System

Other organs of the body that contain lymphatic tissue include:

- Spleen - The large oval-shaped organ on the left side of the body between the stomach and diaphragm that stores red blood cells and white blood cells that are involved in immune responses.
- Thymus gland - A small gland located in the chest just below the breastbone that is involved in the maturation of T-lymphocytes.
- Bone marrow - The soft innermost portion of bone that produces red and white blood cells.
- Tonsils - These are lymphoid organs located at the back of the throat that help the body defend itself against upper respiratory tract infections.
- Adenoids - These are two groups of lymphoid tissue that lie on either side of and at the very back of the throat. In children, the adenoids are thought to be involved in immune responses to infection but, as a person ages, the adenoids shrink in size until they disappear and are, therefore, not likely to be important in protecting against infection.

Functions of the Lymphatic System

The three primary functions of the lymphatic system include:

- Host Defense and Immunity - protecting the body from invasion by foreign organisms
- Maintaining fluid balance in the body by filtering and collecting fluids and proteins from the lymph and returning it back into the bloodstream.
- Absorbing lipids (fats) from the gut and transporting it to the bloodstream.

What is Non-Hodgkin's Lymphoma?

The word "lymphoma" is a general term used to describe a variety of cancers that affect the lymphatic system. Lymphomas originate in the lymphoid tissue of the lymphatic system and are composed of either B or T lymphocytes. Lymphomas tend to form solid tumors in the body and are often felt as a painless lump that can occur almost anywhere in the body.

The two major types of lymphomas include *Hodgkin's disease* (now known as Hodgkin's lymphoma) and *non-Hodgkin's lymphoma* (NHL). In general, these two types of lymphomas can be differentiated by examining the cancer cells under a microscope. The cancer cells in the lymphatic tissues of patients with Hodgkin's disease contain specific cells called *Reed-Sternberg cells* that are not found in patients with non-Hodgkin's lymphoma. Approximately 85% of all non-Hodgkin's lymphomas originate in B-lymphocytes and are sometimes referred to as *B-cell lymphomas*.

Non-Hodgkin's lymphoma represents the most common type of cancers of the blood-forming tissues (hematologic malignancies) and is currently the 6th leading cause of cancer death in the United States. Approximately 60,000 new cases of non-Hodgkin's lymphoma are diagnosed in the U.S. each year with about 95% of these cases occurring in adults 40 to 70 years of age. The disease affects men more frequently than women with about 60% of cases occurring in males and 40% in females. Approximately 25,000 deaths occur each year in the U.S. that are attributed to non-Hodgkin's lymphoma. Epidemiological studies have found that the disease is more common in whites than in African Americans or Asians and clusters of the disease have been found in areas of the U.S. where HIV infection, the virus that causes AIDS, is prevalent.

What Causes Non-Hodgkin's Lymphoma?

Despite the identification of certain risk factors for non-Hodgkin's lymphoma (discussed in detail in the next section), most patients who develop non-Hodgkin's lymphoma (NHL) do not belong to any of these high-risk categories. Although major advances have been made in our understanding of the biology and physiology of cancers in general, currently, researchers still do not completely understand the basic scientific question of what causes a normal lymphocyte to become transformed into a cancerous lymphoma cell. What researchers do know with some degree of certainty is that mutations (alterations) in the DNA - the body's genetic code that regulates cellular function and controls the inheritance of characteristics - can speed up the rate of cell division through specific genes that can turn a normal cell into a cancer cell.

In addition to mutations in the DNA, scientists also believe that non-Hodgkin's lymphoma may be caused by a mechanism called *DNA translocation*. This occurs when DNA from one of the 23 pairs of chromosomes in a normal cell breaks off and "translocates" (moves) by attaching to a different chromosome. This new, abnormal chromosome is thought to trigger the sequence of cellular events that eventually lead to the development of non-Hodgkin's lymphoma.

Risk Factors for Non-Hodgkin's Lymphoma

A variety of risk factors have been identified for the development of non-Hodgkin's lymphoma (NHL), however, as mentioned previously, most patients have no known risk factors. The risk factors for non-Hodgkin's lymphoma can be grouped as follows:

- Autoimmune Disorders - Patients with certain autoimmune disorders, where the body's immune system attacks its own tissues and organs, are at higher risk for developing non-Hodgkin's lymphoma. Examples include:
 - Systemic lupus erythematosus
 - Rheumatoid arthritis
 - Hashimoto's thyroiditis
 - Sjogren's syndrome
- HIV Infection - Patients who are infected with the HIV virus, the virus that is thought to be the cause of AIDS, are at higher risk for developing non-Hodgkin's lymphoma.

- Immunosuppressive Drug Therapy - Patients receiving organ transplants who require treatment with drugs that suppress the immune system are at higher risk for developing non-Hodgkin's lymphoma.
- Infectious Disease Agents - Infection with certain microorganisms is thought to play a role in the development of non-Hodgkin's lymphoma. Examples include:
 - Helicobacter pylori - a bacterium that has been linked to primary gastric (stomach) lymphoma.
 - Epstein-Barr virus - a virus that has been linked to a specific subtype of non-Hodgkin's lymphoma called Burkitt's lymphoma.
 - HTLV-1 - this virus has been implicated in patients with T-cell lymphoma and leukemia.
 - HIV - the virus that is believed to be the cause of AIDS.
- Chemical Exposure - Exposure to certain chemicals is thought to increase the risk for developing non-Hodgkin's lymphoma. Examples include:
 - Benzene
 - Formaldehyde
 - Paint thinners
 - Styrene
 - Lead
 - Herbicides and pesticides
- Older Age - The risk of developing non-Hodgkin's lymphoma increases with age with about 95% of cases occurring in patients between the ages of 40 to 70.
- Male Gender - The risk of developing non-Hodgkin's lymphoma is higher among men than women with a ratio of about 1.4 to 1.0.
- Race - Epidemiological studies have found that non-Hodgkin's lymphoma is more common in whites than in African Americans or Asians.

Classification of Non-Hodgkin's Lymphoma

It should be noted that non-Hodgkin's lymphoma (NHL) is not a single disease but includes a heterogeneous (diverse) group of diseases, each of which carries a different prognosis (outlook). Over the years, several different classification systems have been developed to classify non-Hodgkin's lymphomas including:

- International Working Formulation (IWF) Classification System
- Revised European-American Classification of Lymphoid Neoplasms (REAL)
- Ann Arbor Staging System

International Working Formulation Classification System

The International Working Formulation (IWF) classification system loosely groups non-Hodgkin's lymphomas into the following 3 grades:

- Low-grade lymphomas - these are slow-growing lymphomas that are also referred to as *indolent lymphomas*.
- Intermediate-grade lymphomas - these are considered to be moderately aggressive lymphomas.
- High-grade lymphomas - these lymphomas are considered to be more aggressive than the intermediate-grade lymphomas.

Revised European-American Classification of Lymphoid Neoplasms

The Revised European-American Classification of Lymphoid Neoplasms (REAL) classification system is based upon the cellular type of the lymphocytes that are affected by the lymphoma. In general, the REAL classification system groups non-Hodgkin's lymphomas as follows:

- B-cell lymphomas - if B-lymphocytes are affected
- T-cell lymphomas - if T-lymphocytes are affected.

Ann Arbor Staging System

"Staging" is a system used by doctors to evaluate the extent of spread of a cancer and is an important factor in determining both the type of treatment as well as predicting the prognosis. Patients with non-Hodgkin's lymphoma are usually staged by the Ann Arbor staging system which evaluates two major factors:

- Site (location) of the lymphoma
- Presence or absence of clinical symptoms.

The Ann Arbor staging system classifies patients with non-Hodgkin's lymphoma into one of the following four stages (categories):

- Stage I - The lymphoma is only present in a single region of the body and involves either a single lymph node region (e.g., groin, neck, armpit) or a single organ outside the lymphatic system (extralymphatic involvement).
- Stage II - The lymphoma affects two or more lymph node regions on the same side of the *diaphragm* (the large muscle attached to the rib cage that is involved in breathing) or the lymphoma has spread from the lymph node into the surrounding tissue.
- Stage III - The lymphoma affects lymph node areas on both sides of the diaphragm and may have also spread to the surrounding tissue or the spleen.

- Stage IV - Patients in this category have lymphoma that affects one or more organs outside of the lymphatic system (extralymphatic lymphoma). Lymphoma cells may or may not be present in nearby lymph nodes. Stage IV disease represents a disseminated (widespread) form of non-Hodgkin's lymphoma.

The Ann Arbor classification system also takes into consideration whether symptoms of non-Hodgkin's lymphoma are present or absent. Patients without symptoms are designated with the letter "A" while those with symptoms are designated with the letter "B". The letters "A" or "B" are added to the stage designation (stage I through stage IV) as a means of further classifying the extent of the non-Hodgkin's lymphoma. An international group of lymphoma experts has incorporated the Ann Arbor staging classification along with other clinical attributes to predict overall prognosis and survival (see Prognosis for Non-Hodgkin's Lymphoma section). This staging system is useful for both aggressive and indolent non-Hodgkin's lymphoma.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Non-Hodgkin's Lymphoma** also includes the following additional sections:

- **Diagnosis of Non-Hodgkin's Lymphoma**
- **Treatment Options for Non-Hodgkin's Lymphoma**
- **The Role of Complementary and Alternative Therapies in Cancer**
- **Quality of Life Issues in Cancer**
- **Questions to Ask Your Doctor about Non-Hodgkin's Lymphoma**

To Order the Complete **Guidebook on Non-Hodgkin's Lymphoma** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 45 Articles
- General Interest Articles - 46 Articles
- Drug Therapy Articles - 19 Articles
- Clinical Trials Articles - 55 Articles
- Radiation Therapy Articles - 5 Articles
- Stem Cell Transplantation Articles - 17 Articles
- Radioimmunotherapy Articles - 10 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed <January 2006 to October 2009>

Review Articles

1.

Adolescent non-Hodgkin lymphoma and Hodgkin lymphoma: state of the science.

Authors: Hochberg J; Waxman IM; Kelly KM; Morris E; Cairo MS
Institution: Department of Pediatrics, Columbia University, New York, NY 10032, USA.
Journal: Br J Haematol. 2009 Jan;144(1):24-40.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM009&ID=19087093>

2.

Recent developments in the treatment of aggressive non-Hodgkin lymphoma.

Authors: Michallet AS; Coiffier B
Institution: Hematologie, CH Lyon-Sud, 69495 Pierre-Benite, France.
Anne-sophie.michallet@chu-lyon.fr
Journal: Blood Rev. 2009 Jan;23(1):11-23. Epub 2008 Jul 11.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM009&ID=18620786>

3.

Therapeutic challenges in primary CNS lymphoma.

Authors: Morris PG; Abrey LE
Institution: Department of Medicine, Memorial Sloan-Kettering Cancer Center, New York, NY 10065, USA.
Journal: Lancet Neurol. 2009 Jun;8(6):581-92.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM009&ID=19446277>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Non-Hodgkin's Lymphoma** includes the following sections:

- Review Articles - 45 Articles
- General Interest Articles - 46 Articles
- Drug Therapy Articles - 19 Articles
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- Stem Cell Transplantation Articles - 17 Articles
- Radioimmunotherapy Articles - 10 Articles

To Order the Complete **Guidebook on Non-Hodgkin's Lymphoma** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

AL - Alabama

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The **Centers of Research** in the complete **Medifocus Guidebook on Non-Hodgkin's Lymphoma** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

To Order the Complete **Guidebook on Non-Hodgkin's Lymphoma** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Non-Hodgkin's Lymphoma** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

To Order the Complete **Guidebook on Non-Hodgkin's Lymphoma** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

6 - Directory of Organizations

American Cancer Society

1599 Clifton Road NE; Atlanta, GA 30329-4251

800.227.2345; 404.486.0100

www.cancer.org

American Institute for Cancer Research; Nutrition Hotline

1759 R St. NW; Washington, DC 20009

800.843.8114; 202.328.7744

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www.aicr.org

American Society of Pediatric Hematology/Oncology

4700 West Lake; Glenview, IL 60025-1485

847.375.4716

info@aspho.org

www.aspho.org

Association of Cancer Online Resources

www.acor.org

Cancer Care

275 Seventh Avenue; New York, NY 10001

800.813.4673; 212.712.8400

info@cancercare.org

www.cancercare.org

Cancer Caring Center

4117 Liberty Avenue; Pittsburgh, PA 15224

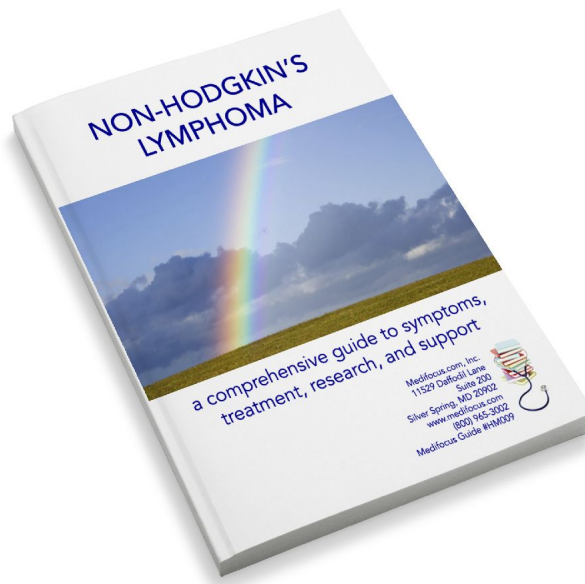
412.622.1212

info@cancercaring.org

www.cancercaring.org

The **Directory of Organizations** in the complete **Medifocus Guidebook on Non-Hodgkin's Lymphoma** includes a list of selected disease organizations and support groups that are helping people diagnosed with Non-Hodgkin's Lymphoma.

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