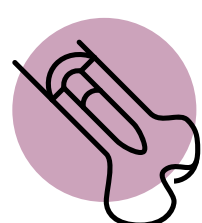


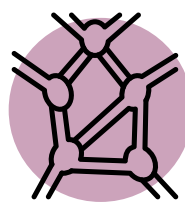


Leukemia, Lymphoma, and You

WHAT YOU SHOULD KNOW ABOUT THESE BLOOD-BASED CANCERS



Leukemia is common in young children and older adults and is typically found in **bone marrow**.



Lymphoma takes root in the **body's lymph nodes**, which play a role in the immune system.

Both are blood-related cancers.
Protect yourself by knowing your risk factors, recognizing the symptoms, and getting treatment early.



Are You at Risk?

Though there are multiple types of lymphoma and leukemia, the **following increase your risk for each:**



Being male
Men are at higher risk for these types of cancer.

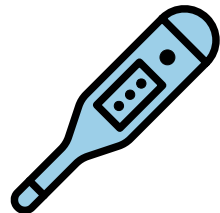
Growing older
Though leukemia is the most common childhood cancer, most leukemias and lymphomas occur after age 60.

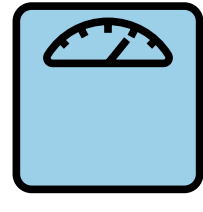
Smoking
Cigarettes seem to cause some lymphomas and are the source of nearly 20% of adult leukemias.

What are the symptoms?

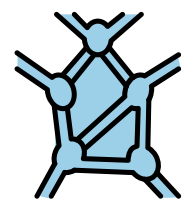
Symptoms of leukemia and lymphoma vary. Sometimes, symptoms don't appear until the disease progresses. **When symptoms do occur, they may include:**



Flu-like symptoms, such as fever and chills



Loss of appetite or unexplained weight loss



Swollen lymph nodes that may be tender

What You Can Do

Unfortunately, the cause of lymphoma or leukemia is often unknown. However, researchers suspect you can take steps to reduce your risk. **These steps include:**



Avoiding illicit IV drug use and other behaviors that may lead to dangerous infectious diseases



Maintaining a healthy weight, eating a healthy diet, and exercising regularly



Protecting yourself from exposure to benzene and other cancer-causing chemicals

When you choose Rocky Mountain Cancer Centers, you're choosing an entire team of cancer treatment specialists relentlessly dedicated to you.

