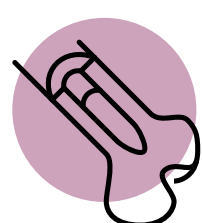


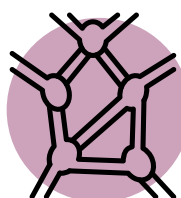


# Leukemia, Lymphoma, and You

## 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.

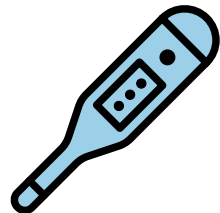
**Growing older**  
Though leukemia is the most common childhood cancer, most leukemias and lymphomas occur after age 60.

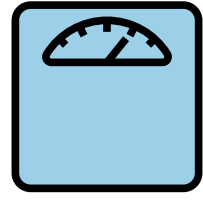
**Smoking**  
Cigarettes seem to cause some lymphomas and are the source of nearly 20% of adult leukemias.

### What are the symptoms?

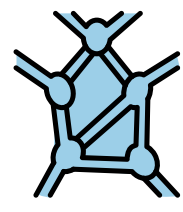
Symptoms of leukemia and lymphoma vary. Sometimes, symptoms don't appear until the disease progresses. When symptoms do occur, they may include:



**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.