

# Transplant and Hodgkin Lymphoma (HL)

Learning more about your treatment options can help you make informed medical decisions.

## This fact sheet tells you:

- What HL is
- What the transplant steps are
- When to see a transplant doctor
- Questions to ask your doctor

## What is HL?

HL is a cancer of the lymphocytes. Lymphocytes are a type of white blood cell that protect your body from infection. In HL, unhealthy lymphocytes first show up in your lymph nodes. Lymph nodes are small, bean-shaped glands throughout your body. As the disease gets worse, these cells spread to other parts of your body.

## What is a blood or marrow transplant (BMT)?

BMT, also called bone marrow transplant, replaces the immature blood-forming cells with healthy ones. BMT is not surgery.

The first treatment for people with HL is usually chemotherapy (chemo). If that doesn't control the HL, the next step is often a BMT.

There are 2 types of transplants for HL:

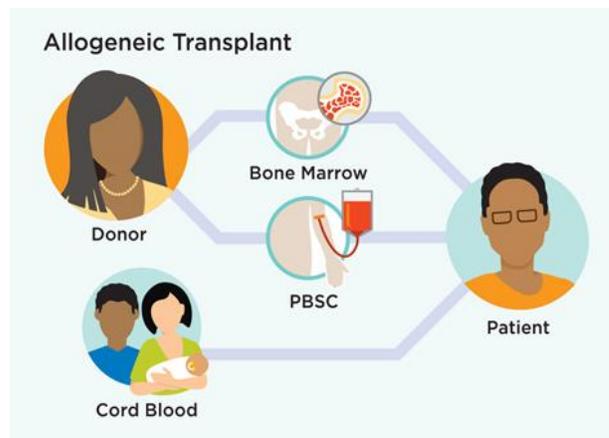
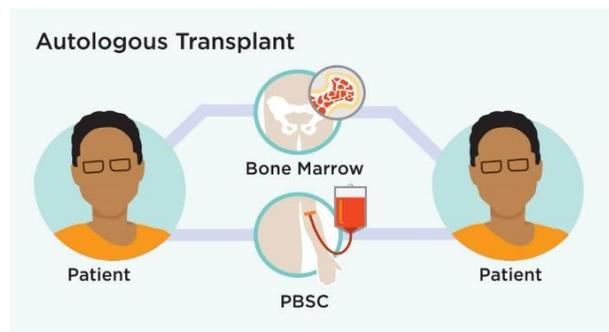
- **Autologous transplant** uses your own blood-forming cells, which are collected and stored.
- **Allogeneic transplant** uses healthy blood-forming cells from a family member, unrelated donor, or umbilical cord blood.

The most common type of transplant for HL is autologous.

## Transplant steps

1. First, you will get chemo, and possibly radiation, to kill the unhealthy cells. This can take up to 2 weeks.
2. On transplant day, the replacement cells are given to you through an intravenous (IV) infusion. The new cells travel to the inside of your bones.
3. After a few weeks, the donated cells begin to make healthy blood cells.
4. Then, you will need many months to recover. You will spend some of this time in or near the hospital.

Doctors, nurses and social workers will closely care for you during the entire process to prevent and treat any side effects or complications.



## When to see a transplant doctor

You should see a transplant doctor if the HL:

- Doesn't get better with initial treatment
- Comes back after initial treatment

## Your first appointment with a transplant doctor

At your first appointment, the doctor will:

- Review your medical history
- Talk with you about your treatment options and their risks and benefits
- Recommend the best time for you to get a transplant and prepare for treatment
- Start a donor search even if you don't need a transplant right away. This can help you get a transplant faster if it's needed later.

## Questions to ask your doctor

- Is an autologous or allogeneic transplant best for me? Why?

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- What are the chances of a cure or long-term remission if I get a transplant? If I don't get one?

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- What are the risks of waiting or trying other treatments before a transplant?

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- Does my current health or age affect how well transplant might work for me?

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- What are the possible side effects of transplant? How can they be reduced?

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- How might my quality of life change over time, with or without transplant?

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## Resources for you

- Talk to someone who can help
  - Call: 1 (888) 999-6743
  - Email: [patientinfo@nmdp.org](mailto:patientinfo@nmdp.org)
- Find a clinical trial for HL
  - Call: 1 (888) 814-8610
  - Email: [clinicaltrials@jcctp.org](mailto:clinicaltrials@jcctp.org)
- Order free resources
  - Visit: [BeTheMatch.org/Request](http://BeTheMatch.org/Request)



Every individual's medical situation, transplant experience, and recovery is unique. You should always consult with your own transplant team or family doctor regarding your situation. This information is not intended to replace, and should not replace, a doctor's medical judgment or advice.