

# Introduction to Lymphoma Australia

**Liz Harris**

**National Nurse Manager and  
Lymphoma Care Nurse**



**So no one faces  
lymphoma alone.**

# Fast Facts



**Lymphoma is the  
6th most common  
cancer in Australia**

# Fast Facts



**Lymphoma is the  
number one most  
common cancer in  
the 16-29 age group**

# Fast Facts



**Lymphoma is the 3rd  
most common cancer  
in children**

# Fast Facts



**Lymphoma has  
more than 80  
different sub-types**

# Types of Treatment

Treatment is based on individual circumstances including:

- Subtype
- Indolent vs aggressive
- Stage and Grade
- Overall health and ability to tolerate treatments
- Goals of treatment – cure, remission or partial remission



# Types of Treatment

- Watch & Wait (active monitoring)
  - Radiotherapy
  - Chemotherapy
  - Monoclonal antibodies
  - Immunotherapy
  - Targeted therapy
  - Oral therapies (tablets)
  - Antibiotics
  - CAR T-cell therapy
  - Stem cell transplants
  - Surgery
  - Clinical trials
  - Have they had prior treatment?
- Chemoimmunotherapy
- Autologous SCT  
Allogenic SCT
- 
- A diagram with green arrows showing connections between the list of treatments and the specific therapy names. Arrows point from 'Chemotherapy' and 'Immunotherapy' to 'Chemoimmunotherapy'. Arrows point from 'Targeted therapy', 'Oral therapies (tablets)', and 'Stem cell transplants' to 'Autologous SCT' and 'Allogenic SCT'.

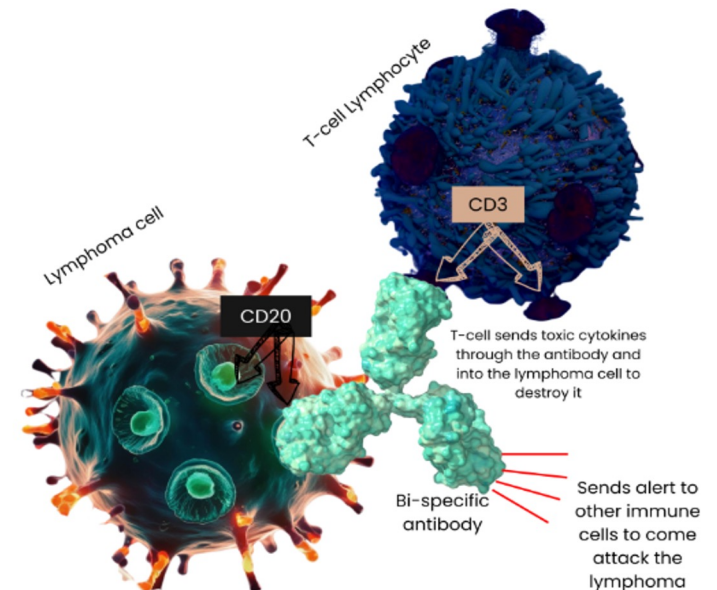
# 1<sup>st</sup> line... 2<sup>nd</sup> line.. And 3<sup>rd</sup> line?

- 1<sup>st</sup> line treatments = first treatment following diagnosis.
- 2<sup>nd</sup> line treatments = a treatment that is administered following first line of treatment.
- 3<sup>rd</sup> line treatments = a line of treatment following the 2<sup>nd</sup> line.



# Treatment Updates: Epcoritamab and Glofitamab

- T-cell engaging **Bispecific Antibody**
- Binds to **CD20 on B cells** and to **CD3 on T cells**
- Cytokine release syndrome (CRS) is the most commonly experienced adverse reactions following bispecific antibodies.



**Confirm availability of tocilizumab in the event of CRS.**

# Treatment updates: Yescarta

- CD19 genetically modified autologous T-cell immunotherapy
- T-cells are collected via apheresis
- Genetically modified to express Chimeric Antigen Receptors (CAR)
- CAR's target CD19 – marker found on B-Cells
- Own T-Cells now recognise and attack the lymphoma cells

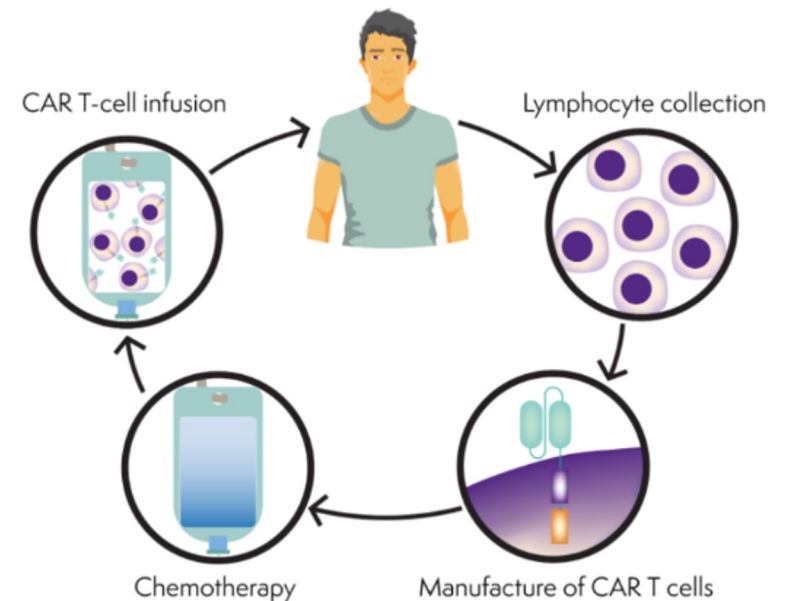


Figure: The CAR T cell treatment process

**Monitor closely for CRS and ICANS**

# Treatment updates: Zanubrutinib

- A 2<sup>nd</sup> generation BTK (Bruton Tyrosine Kinase) inhibitor
- It is a **targeted therapy** that works by blocking the protein BTK to stop or slow lymphoma growth

Approved under certain use in:

- Waldenström's Macroglobulinaemia (WM)
- Chronic Lymphocytic Leukaemia (CLL)
- Small Lymphocytic Lymphoma (SLL)
- Mantle Cell Lymphoma (MCL)
- Marginal Zone Lymphoma (MZL)

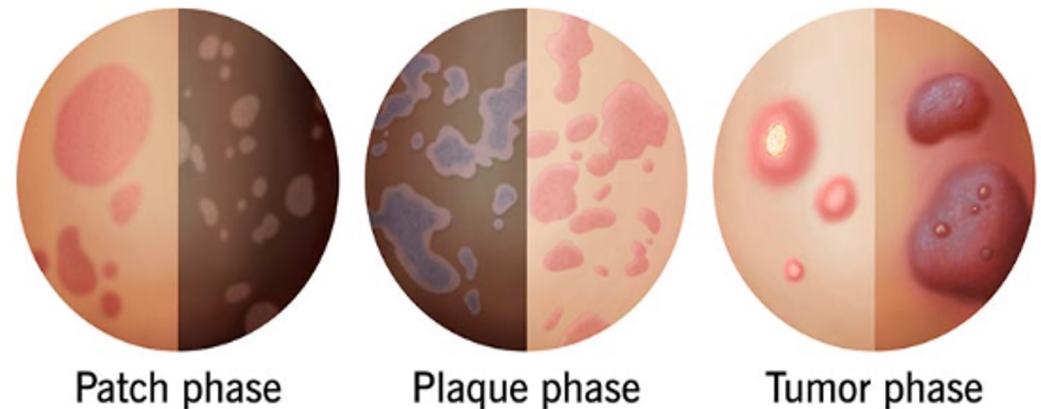


# Treatment updates:

## Mogamulizumab

- Relapsed/refractory mycosis fungoides (MF) or Sézary syndrome (SS) after at least one prior systemic therapy
- Humanized Monoclonal Antibody
- Common side effects include:
  - infusion reactions
  - rash
  - diarrhea
  - fatigue
  - infections

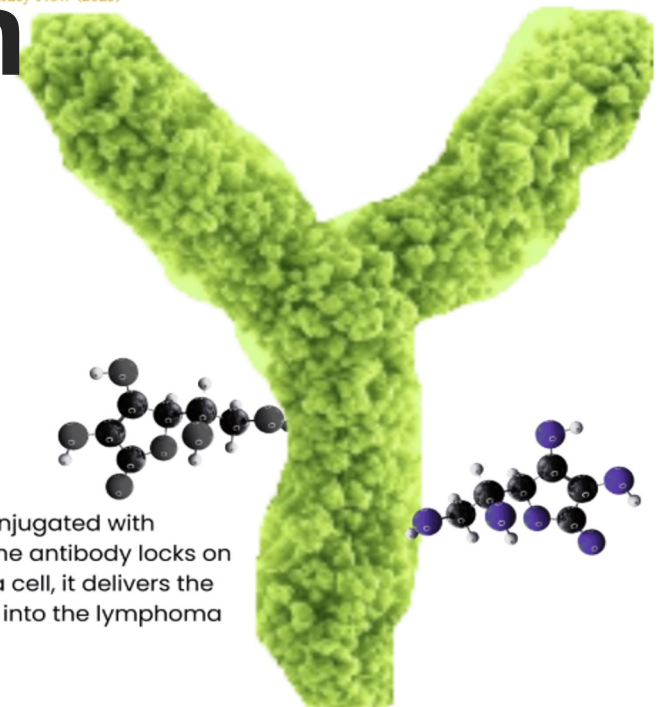
**Mycosis Fungoides**  
(A type of cutaneous T-cell lymphoma)



# Treatment updates: Brentuximab Vedotin

- Antibody Drug Conjugate
- BV-AVD
- CD30+ T-cell Lymphomas, or relapsed or refractory Hodgkin Lymphoma

Picture courtesy of  
HLN Health Literacy Now (2025)



Antibody conjugated with medicine. When the antibody locks on to the lymphoma cell, it delivers the medicine directly into the lymphoma



The bottom part of the antibody sends an alert signal – by releasing cytokines, to alert the rest of the immune system that it needs to come and fight the lymphoma

# Treatment updates: Nivolumab and Ipilimumab

- Immune Checkpoint Inhibitors
- Nivolumab: PD-1
- Ipilimumab: CTLA-4
- Used in Classical Hodgkin Lymphoma
- Nivo-AVD (doxorubicin, vinblastine, and dacarbazine)

# Regional, Rural and Remote Hub



Lymphoma Australia also welcomes you to check out our new Regional, Rural and Remote (RRR) Information hub.

A screenshot of the Lymphoma Australia website. The header includes a support line number (1800 953 081), navigation links (About Us, News, Contact, Newsletter, Shop), a language selector (English), and a search bar. Below the header, there's a secondary navigation bar with links to "Learn About Lymphoma", "Patient Support", "Health Professionals", and "Get Involved", along with a "Donate" button. The main content area is divided into two columns. The left column, titled "Support For You", lists various resources: "Lymphoma Care Nurse Team", "Patient and Carer Education", "Support Groups &amp; Online Patient Forums", "Factsheets &amp; Booklets", "Regional, Rural &amp; Remote information" (highlighted in blue), and "Patient Stories". The right column, titled "Regional, Rural &amp; Remote information", features a "Listen" button, a paragraph of introductory text, and a section titled "On this page:" which lists several topics: "The Australian Dream: Life and Healthcare Challenges in the Outback", "About Lymphoma", "Getting a diagnosis", "You have lymphoma - What next?", "Your to-do-list while waiting", "Starting Treatment", "Transport", and "Accommodation". A "Contact Us" button is located at the bottom right of the right column.

# Regional, Rural and Remote Hub



- > Information about Lymphoma, diagnosis, and what's next
- > Starting treatment
- > Transport, accommodation, and telehealth
- > Accessing Clinical trials, CAR T-cell therapy considerations
- > Side effects, who to call and when?
- > Financial support and how to get assistance
- > Bodily waste, septic tanks, rainwater tanks and ground water
- > CPR and first aid advice
- > What to do when help is far away

...And so much more

## Questions to ask your Doctor: Regional, Rural and Remote Patients

Lymphoma Australia  
Nurse hotline: 1800 953 081  
nurse@lymphoma.org.au

Learning about your lymphoma can be like learning a new language. It takes time and practice. Please keep this document handy so you can refer back to it as often as you need to. **It will become easier to understand the more you read it.**

Navigating a lymphoma or CLL diagnosis while living in a regional, rural, or remote area presents unique challenges. Yet, knowing what questions you should ask can be difficult, especially when everything is new and you don't know, what you don't know.

Below, we've put together a list of essential questions to ask your doctor at each stage of your lymphoma journey, to ensure you receive the best possible care.

### Before Diagnosis (If You Have Symptoms or Concerns)

1. Given my location, what's the fastest way to get tested for my symptoms?
2. Can I have tests done locally, or do I need to travel?
3. Can I travel to and from my appointments on the same day as my tests?
4. I live hours away. Can my tests be booked at a time that allows me time to travel safely?
5. What is the best way to coordinate my different biopsies and tests to avoid unnecessary travel?
6. How long will it take to get results, and who will explain them to me?

7. If I need a specialist, where is the closest one, and how do I get a referral?
8. Are there options for telehealth consultations instead of in-person visits?
9. If I need urgent tests or scans, can they be prioritised?
10. What financial assistance is available for travel and accommodation if I need to go elsewhere?

### Just Diagnosed

1. What is my subtype of lymphoma, and are there any genetic factors that may impact my treatment options?
2. What exactly does my diagnosis mean, and what stage is my condition?
3. What are my treatment options, and where can I access them?
4. Is there a cancer care coordinator or rural health navigator to help me?
5. Can my local GP or hospital be involved in my treatment to reduce travel?
6. How will you keep all members involved in my care informed of my healthcare needs? (E.g. Communication between locums, GP, local health centre, treating team, local pharmacy).

**Providing patients with  
the right information,  
At the right time.**



Providing patients with the right  
information,

**At the right time.**



*Lymphoma*  
Nurse Support Line  
1800 953 081

**nurse@lymphoma.org.au**



# Refer Your Patient



Our nursing team will provide individualised support and information

[Click to Refer](#)

## Front



## Back



## Connect with us/Referral

Are you a health professional completing this form for a patient \*

Yes

## Health Professional Details

First Name \*

Last Name \*

Email \*

## Patient Details

Your Name

First \*

Last \*

# Patient Treatment Support Kit



Lymphoma Australia

**Treatment  
Support Kits  
for under  
40's** diagnosed  
with lymphoma

The kit includes:

- Lymphoma Australia information pack
- Shower Chair
- Toiletries (Deodorant, Soap, Shampoo)
- VitalCare toothbrush
- Gloves
- Socks

**Lymphoma Australia**

For more information visit our website: [www.lymphoma.org.au](http://www.lymphoma.org.au)



**Treatment  
Support Kits**

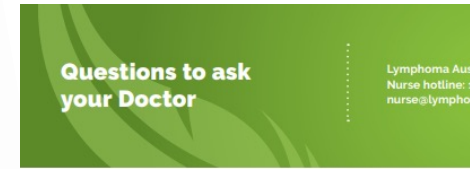
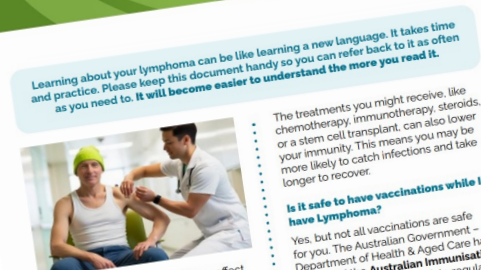
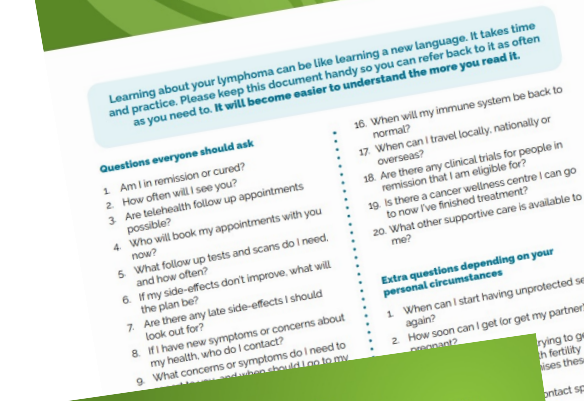
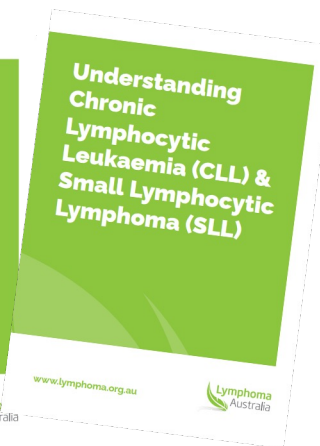
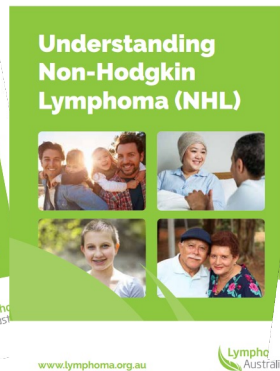
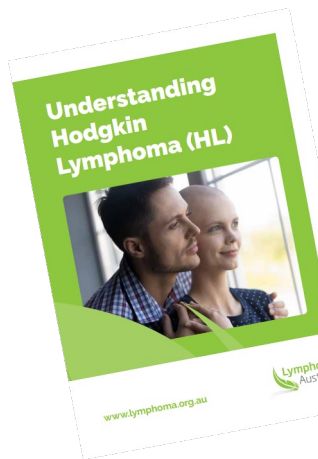
# for under **40's** diagnosed with lymphoma

The advertisement features a woman with long brown hair smiling. In front of her are various items from the support kit: a grey bag labeled "Lymphoma Australia", a green water bottle, several bottles of "Aftershave" and "Deodorant", a box of "VitalCare" mouthwash, a pair of green gloves, and a black bag.

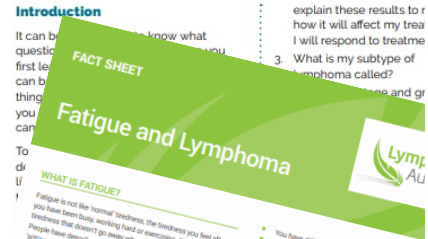
**Lymphoma Australia**

# Patient Resources

- Booklets & Fact Sheets
- Community Newsletters
- YouTube Video Library
- Lymphoma Australia Website



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# Patient Events

- Educational Webinars
- In-Person Education Sessions
- Online and In-Person Support Groups
- Closed Facebook Groups



**EXERCISE AND LYMPHOMA: THE IMPORTANCE OF KEEPING ACTIVE**  
Hosted by Lymphoma Australia & Sharyn Wappett

**FREE ONLINE SESSION**

**LEGS OUT FOR LYMPHOMA**  
MOVE EVERY DAY IN MAY

Sharyn Wappett  
Physiotherapist  
Restore Oncology Care and Lymphoedema Clinic

**CART THERAPY & BISPECIFIC ANTIBODIES**  
STAYING INFORMED AND MAKING THE CHOICE

**REGISTER NOW IN-PERSON 9 SYDNEY**

**ALLG**  
AUSTRALIAN LEUKAEMIA & LYMPHOMA GROUP

**FOLLICULAR LYMPHOMA PATIENT & CARER EDUCATION**  
Lymphoma Australia is excited to host our first hybrid patient education event for 2025.

**PROFESSOR JUDITH TROTMAN**

**HEAR FROM RENOWNED EXPERT & HAEMATOLOGIST**  
Get the latest updates in Hodgkin Lymphoma & learn about the new Australian App launch

**DR NICOLE WONG DOO**

# NURSE EDUCATION



**SIG SIGN UP**

**In-Services  
Dinner Events  
Annual Conference  
Learning Modules  
Special Interest Group  
Quarterly Newsletter**

**We are open to ideas of how we can support you..**

# FREE HEALTHCARE PROFESSIONALS WEBINAR SERIES:

## BISPECIFIC ANTIBODIES FOR LYMPHOMA

MODULE 1 - 25<sup>th</sup> June, 4pm AEST

**Foundations of Bispecific Antibodies in Lymphoma Care**

Dr Adrian Minson - Haematologist & Clinician Researcher

MODULE 2 - 15<sup>th</sup> July, 3pm AEST

**Patient Preparation & Safe Administration**

Sam van der Line - Haematology Nurse Consultant

MODULE 3 - 28<sup>th</sup> July, 3pm AEST

**Adverse Event Recognition & Management**

Molly Robertson - Haematology Nurse Practitioner



**Scan the QR code to register today**

Call 1800 953 081 or email [nurse@lymphoma.org.au](mailto:nurse@lymphoma.org.au)



# 2027 NATIONAL LYMPHOMA HEALTH PROFESSIONALS CONFERENCE



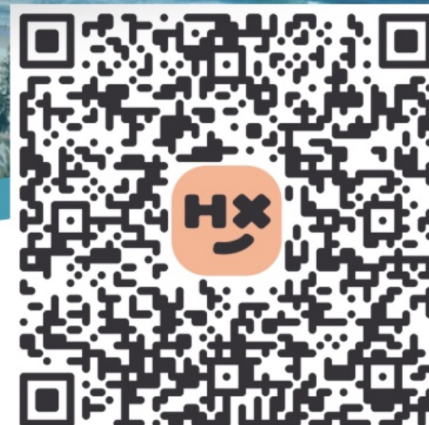
Location:  
Twin Towns, Gold Coast

FRIDAY & SATURDAY  
30<sup>TH</sup> April - 1<sup>ST</sup> May



Scan the QR code to be notified when tickets go on sale.  
For any enquiries, call 1800 953 081 or email  
[nurse@lymphoma.org.au](mailto:nurse@lymphoma.org.au)

REGISTER YOUR  
INTEREST NOW!



**So no one faces  
lymphoma alone.**



**Providing patients with the  
right information,  
At the right time.**

