



## HODGKIN DISEASE

**V. Prathipa\***

Lecturer, Child Health Nursing, Sree Balaji College of Nursing, Bharath University, Chennai.

**\*Corresponding Author: V. Prathipa**

Lecturer, Child Health Nursing, Sree Balaji College of Nursing, Bharath University, Chennai.

Article Received on 03/05/2018

Article Revised on 24/05/2018

Article Accepted on 14/06/2018

### ABSTRACT

Hodgkin's lymphoma was first described in 1832. The aetiology of this lymphoma, however, remained enigmatic for a long time. Only within the past 10 years has the B-cell nature of the pathognomonic Hodgkin and Reed–Sternberg (HRS) cells been revealed, along with several recurrent genetic lesions. The pathogenetic role for Epstein–Barr virus infection has also been substantiated. HRS cells in classical Hodgkin's lymphoma have several characteristics that are unusual for lymphoid tumor cells, and the Hodgkin's lymphoma microenvironment is dominated by an extensive mixed, potentially inflammatory cellular infiltrate. Understanding the contribution of all of these changes to the pathogenesis of this disease is essential for the development of novel therapies.

**KEYWORDS:** lymphoma, aetiology, inflammatory cellular infiltrate, lymphoid tumor cells.

### HODGKIN DISEASE

#### DEFINITION

Hodgkin's disease (HD) is a type of lymphoma, which is a blood cancer that starts in the lymphatic system. The lymphatic system helps the immune system get rid of waste and fight infections.

#### ETIOLOGY

✚ Unknown cause.

#### Risk factors

Factors that increase the risk of Hodgkin's lymphoma include.

- Age.
- A family history of lymphoma
- Past Epstein-Barr infection.

#### TYPES

Subtypes of classical Hodgkin's lymphoma include:

- Nodular sclerosis Hodgkin's lymphoma
- Mixed cellularity Hodgkin's lymphoma
- Lymphocyte-depleted Hodgkin's lymphoma
- Lymphocyte-rich Hodgkin's lymphoma

#### STAGES

- **Stage I** indicates one lymph node region is involved (for example, the right neck).
- **Stage II** indicates involvement of two lymph node areas on the same side of the diaphragm (for example, both sides of the neck).

- **Stage III** indicates lymph node involvement on both sides of the diaphragm (for example, groin and armpit).
- **Stage IV** involves the spread of cancer outside the lymph nodes (for example, to bone marrow, lungs, or liver).

#### CLINICAL MANIFESTATIONS

- Painless swelling of lymph nodes in your neck, armpits or groin
- Persistent fatigue
- Fever and chills
- Night sweats
- Unexplained, rapid weight loss
- Itching

#### DIAGNOSTIC FINDING

- History collection
- Physical examination
- Biopsy of suspected tissue, usually a lymph node biopsy
- Bone marrow biopsy
- Blood chemistry tests including protein levels, liver function tests, kidney function tests, and uric acid level
- CT scans of the chest, abdomen, and pelvis
- Complete blood count (CBC)
- PET scan

**MANAGEMENT**

- **Stages I and II** (limited disease) can be treated with local radiation therapy, chemotherapy, or a combination of both.
- **Stages III** is treated with chemotherapy alone or a combination of radiation therapy and chemotherapy.
- **Stage IV (extensive disease)** is most often treated with chemotherapy alone.
- Transfusion of blood products, such as platelets or red blood cells, to fight low platelet counts and anemia
- Antibiotics to fight infection.

**PROGNOSIS**

Hodgkin's disease is considered one of the most curable forms of cancer, Unlike other cancers, Hodgkin's disease is often very curable even in late stages.

- With modern treatment employing both chemotherapy and radiation, prognosis has considerably improved.
- About 75% of children in stage III are cured. Over 50% of children in stage IV are cured with intensive chemotherapy.

**COMPLICATION**

- Restriction of lung capacity
- Cardiac involvement
- Late hypothyroidism
- Retardation in growth of the vertebral column/ breast tissues
- Sterility
- Premature menopause.

**REFERENCE**

1. Dorothy R. Marlow et al. *Textbook of pediatric nursing*. 6<sup>th</sup> ed. Philadelphia: W.B.Saunders, 2009.
2. Datta Parul. *Pediatric Nursing*. 2<sup>nd</sup> ed. New Delhi: Jaypee Brothers, 2009.
3. Ghai O.P. *Essential Pediatrics*. 6<sup>th</sup> ed. New Delhi: CBS, 2004.
4. [www.pubmed.com](http://www.pubmed.com).