

HOROSCOPE



ARIES
(MAR 21-APR 20)

You are best to avoid confrontations. Things are looking up. Get out and get active. Your lucky day this week is Saturday.



TAURUS
(APR 21-MAY 21)

Avoid keeping secrets. Find out how costly a new venture will be. Go for a drive in the country. Your lucky day this week is Thursday.



GEMINI
(MAY 22-JUN 21)

Romance will unfold if you take trips with friends. Take action. Arguing won't help. Your lucky day this week is Friday.



CANCER
(JUN 22-JUL 22)

Ask for assistance with financial matters. Mixing business with pleasure will be rewarding. You will find your vitality is lowered. Your lucky day this week is Monday.



LEO
(JUL 23-AUG 22)

Invest in something that will prosper. Your relationship is undergoing some changes. Don't let relatives make demands of you. Your lucky day this week is Saturday.



VIRGO
(AUG 23-SEP 23)

You're in the mood to partake in competitive sports. Do not lend money to relatives. Avoid hassles with friends. Your lucky day this week is Thursday.



LIBRA
(SEP 24-OCT 23)

Curl up with a good book. Things will be emotional with your partner. Don't give in too quickly. Your lucky day this week is Wednesday.



SCORPIO
(OCT 24-NOV 21)

Be prepared to lose friends over your stubborn nature. Live your life for yourself. Catch up on pending correspondence. Your lucky day this week is Sunday.



SAGITTARIUS
(NOV 22-DEC 21)

Examine motives in personal encounters carefully. Be tactful when dealing with others' work. Take care of your personal needs. Your lucky day this week is Thursday.



CAPRICORN
(DEC 22-JAN 20)

Make new friends over new activities. Depression may dampen your day. Get down to business. Your lucky day this week is Friday.



AQUARIUS
(JAN 21-FEB 19)

Deal with business matters cautiously. Be careful when dealing with others. Keep private affairs under wraps. Your lucky day this week is Sunday.



PISCES
(FEB 20-MAR 20)

Don't let anger consume you. Be honest or risk looking guilty. You can't always have your own way. Your lucky day this week is Thursday.



CanHOPE Dhaka is a non-profit cancer counselling and hotline initiative supported by Parkway Cancer Centre. It is a resource for information about cancer, available cancer screening tests and treatments for both patients and the general public. It is manned by an experience, knowledgeable and caring support team who has access to comprehensive information from reputable resources on a wide range of cancer topics. CanHOPE Dhaka, is set up with the objective to #Fight Cancer in Bangladesh.

Lymphoma treatment: Targeted therapies and immunotherapy

Lymphoma is the most common form of blood cancers in adults — one in 50 people will develop lymphoma in their lifetime. As populations age, lymphoma will become increasingly common and indeed, the incidence of lymphoma has been steadily increasing over the past 15 years.

STAGES OF LYMPHOMA

There are 4 main stages (Stage 1 to 4) as well as an A or B category as follows:

Stage 1: One group of affected lymph nodes on either side of the diaphragm.

Stage 2: Two or more groups of affected lymph nodes, but still on only one side of the diaphragm.

Stage 3: At least two groups of affected lymph nodes, but must be on both sides of the diaphragm.

Stage 4: If there is disease affecting an organ (e.g. bone marrow, liver) other than lymph nodes.

Stage A: Absence of recurrent fevers, night sweats or weight loss.

Stage B: Presence of any one of the above.

Lymphoma is usually detected at a more advanced stage, but even at Stage 4, the cure rates are about 50 percent. Over the decades, treatment outcomes for people with lymphoma have improved. In the '70s, the five-year survival rate for lymphoma was approximately 50 percent. Today, it is over 70 percent. This improvement in outcomes is largely due to significant advances in the treatment of lymphoma.

The main form of treatment for lymphoma has traditionally been chemotherapy and sometimes radiotherapy. However, in the last two decades, targeted therapy has made a significant difference to the way patients with lymphoma are treated.

TARGETED THERAPIES

Targeted therapies block the growth and spread of cancer by interfering with specific molecules that are involved in the growth, progression, and spread of cancer.

One important drug in the treatment of lymphoma is rituximab, which is a first-generation monoclonal antibody. These are engineered antibodies, which target proteins on the cancer cell. In the United States, death rates from lymphoma dropped significantly from 1997, after rituximab was approved for use.

Other drugs have since emerged to target different types of lymphoma.

These include brentuximab vedotin, and ibrutinib.

Brentuximab vedotin targets the protein CD30, which is expressed in Hodgkin's lymphoma and systemic anaplastic large cell lymphoma. Ibrutinib, on the other hand, is a drug that binds to a protein, Bruton's Tyrosine Kinase (BTK), found in B-cells which are a type of white blood cell. The drug is used on B-cell cancers such as mantle cell lymphoma as well as chronic lymphocytic leukaemia.

These drugs are part of a new wave of lymphoma therapies which are transforming the outcomes of patients. However, while targeted therapies can be effective, they are not always a permanent solution as the cancer is able to evolve and become immune to the drug. That is where immunotherapy comes in.

mas, but these can be generally classified into two categories: high grade and low grade.

High grade lymphoma is fast growing and without treatment, many patients will die from the rapid disease progression. However, high grade lymphoma is potentially curable with chemotherapy.

Low grade lymphoma grows over the years or decades, and often, in early stages, there is no need for treatment. However, it is generally incurable with chemotherapy and patients often require intermittent therapy.

One of the signs of lymphoma is lymph node swelling, but most cases of swollen lymph nodes are not lymphoma. Patients should see a specialist if their lymph nodes have been persistently swollen, over four weeks or more, if they are



IMMUNOTHERAPY

This is a form of therapy where the patient's own immune system is activated to fight the cancer cells within. It has been described as the fourth pillar of cancer treatment, together with chemotherapy, radiotherapy, and targeted therapy.

In many advanced cancer patients, their immune system is often unable to recognise or fight the cancer effectively. A new class of immunotherapy drugs targeting an important receptor (known as PD-1) have been shown to be highly effective in solid tumour cancers. New data has also shown that these drugs are highly effective in patients with resistant Hodgkin's lymphoma with impressive results seen.

UNDERSTANDING LYMPHOMA

There are more than 50 types of lympho-

increasing in size, if they are greater than 2 cm in size, if the enlarged nodes are widespread and if these are accompanied by the other symptoms.

Other symptoms include a fever, night sweats, unexplained weight loss and pruritus, and a severe itch. However, all these symptoms could be related to other causes including infections such as tuberculosis as well, so further investigation is necessary.

For further enquiry, please do not hesitate to contact our local office: CanHope Dhaka, Suite-B3, Level-4, House-10, Road-53 Gulshan-2, Dhaka-1212, Bangladesh. Call 019 7777 0 777 or email: zeba@parkway-health.net

Photo courtesy: Parkway Hospitals Singapore