Decoding Hodgkin Lymphoma: A Comprehensive Narrative Review

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Abstract:

Hodgkin Lymphoma is a B-cell derived neoplasm primarily manifesting in the lymphatic system, resulting from uncontrolled proliferation of abnormal cells. This malignancy often occurs in young adults between 15 and 35 years old as well as individuals over 55. Hodgkin Lymphoma consists of two main subtypes which include Classical Hodgkin lymphoma and Nodular Lymphocyte Predominant Hodgkin Lymphoma. Diagnosis involves a biopsy of the affected lymph nodes to identify the presence of Reed-Sternberg or Lymphocyte Predominant cells, supplemented by various imaging modalities to aid in staging. The Ann Arbor staging system is used to determine prognosis and guide treatment plans. The disease is highly treatable, with a 5-year survival rate of 85-90%, largely attributed to early detection and regular screening. Recent advancements in molecular biology have facilitated the development of more effective and less toxic treatment regimens. The integration of targeted radiotherapy and innovative pharmacological agents, including immunotherapy, has improved the precision and efficacy of therapeutic interventions. Additionally, the use of biomarkers and genetic profiling is paving the way for more personalised treatment approaches. This comprehensive review aims to provide an updated overview of current Hodgkin Lymphoma research, highlighting the potential for future therapeutic innovations to improve patient outcomes. (193 words).

Keywords:

Hodgkin Lymphoma; Classical Hodgkin Lymphoma; Nodular Lymphocyte-Predominant Hodgkin Lymphoma; epidemiology; targeted therapy; immunotherapy.